

or cooked with the above drugs be administered and after administering the maximum dose the patient should be kept in isolation in some ditch or room. Particularly old ghee should be administered to the patients of insanity.

Old ghee is alleviator of tridoṣa, particularly destroys seizures because of being pure, by intake is more potent in properties and is pungent-bitter in taste. The ghee stored for ten years is taken as old. It is irritant in smell, like lac-juice in appearance, cold and destroys all grahas. It promotes intellect and is an excellent purgative. Ghee kept beyond ten years is called as 'prapurāṇa' ( extremely old ). There is nothing incurable for the ghee which is old by one hundred years. It destroys all the grahas by seeing, touching or inhaling and is particularly recommended for those suffering from epilepsy, grahas and insanity. [ 57-62 ]

पतानौषधयोगन् वा विधेयत्वमगच्छति ॥ ६३ ॥

अञ्जनोत्सादनालेपनावनादिषु योजयेत् । शिरीषो मधुकं हिङ्गु लशुनं तगरं वचा ॥ ६४ ॥  
 कुष्ठं च वस्तमूत्रेण पिण्डं स्यान्नावनाञ्जनम् । तद्वद्वयोषं हरिद्रे द्रे मञ्जिष्ठाहिङ्गुसर्पपाः ॥ ६५ ॥  
 शिरीषबीजं चोन्मादग्रहापस्मारनाशनम् । पिण्डा तुल्यमपामार्गं हिङ्गवालं हिङ्गुपत्रिकाम् ॥ ६६ ॥  
 वर्तिः स्यान्मरिचार्धीशा पित्ताभ्यां गोश्टगालयोः । तयाऽञ्जयेदपस्मारभूतोन्मादज्वरार्दितान् ॥ ६७ ॥  
 भूतार्तानमरात्मश्च नरांश्चैव व्यापये । मरिचं चातपे मांसं सपित्तं स्थितमञ्जनम् ॥ ६८ ॥  
 वैकृतं पश्यतः कार्यं दोषभूतहतस्मृतेः । सिद्धार्थको वचा हिङ्गु करञ्जो देवदारु च ॥ ६९ ॥  
 मञ्जिष्ठा त्रिफला श्वेता कटभीत्वक् कुटुत्रिकम् । समांशानि प्रियहुश्च शिरीषो रजनीद्रियम् ॥ ७० ॥  
 वस्तमूत्रेण पिण्डोऽयमगदः पानमञ्जनम् । नस्यमालेपनं चैव ज्ञानमुद्दर्तनं तथा ॥ ७१ ॥  
 अपस्मारविषोन्मादकृत्यालक्ष्मीज्वरापहः । भूतेभ्यश्च भयं हन्ति राजद्वारे च शस्यते ॥ ७२ ॥  
 सर्पिरेतेन सिद्धं वा सगोमूत्रं तदर्थकृत् । प्रसेके पीनसे गन्धैर्धूमवर्तिं कृतां पिवेत् ॥ ७३ ॥  
 वैरेचनिकधूमोक्तैः श्वेतादैर्चा सहिङ्गुभिः । शळ्कोलूकमार्जारजम्बूकवृकवस्तजैः ॥ ७४ ॥  
 मूत्रपित्तशळ्कोमनखेश्वर्मभिरेव च । सेकाञ्जनं प्रधमनं नस्यं धूमं च कारयेत् ॥ ७५ ॥  
 घातश्लेष्मात्मके प्रायः

If the patient does not come under control, the following formulations should be used as collyrium, anointing, paste, snuff etc.

*Siriṣa, madhuka, hiṅgu, laśuna, tagara, vacā and kuṣṭha* powdered with goat's urine make snuff and collyrium.

Likewise, trikaṭu, two types of haridrā, mañjiṣṭhā, hiṅgu, sarṣapa, śiriṣa ( seeds ) ( used as snuff and collyrium ) alleviate insanity, grahas and epilepsy.

Apāmārga, hiṅgu, haratāla and hingupatrikā-in equal quantity, marica in half quantity are powdered with bile of cow and jackal and made into stick. This stick is applied to eyes in epilepsy, insanity caused by evil spirits, fever, possession by evil spirits and gods and in eye diseases.

Marica mixed with ( the above ) bile and kept in the sun for a month makes a collyrium which is useful in defects of vision and loss of memory caused by dosas and spirits.

White mustard, vacā, hiṅgu, karaṇja, devadāru, mañjiṣṭhā, triphalā, śveta, kaṭabha ( bark ), trikaṭu, priyaṅgu, sīrīṣa and two types of haridrā—all taken in equal quantity are powdered with goats' urine. This is an antipoison formulation and used as intake, collyrium, snuff, paste, bath and anointing. It alleviates epilepsy, poisoning, insanity, magical spells, inauspiciousness and fever. It averts fear from the spirits and also protects in royal palace.

Ghee cooked with these drugs along with cow's urine serves the same purpose.

In condition of excessive salivation and coryza the smoking stick made of aromatic substances or śvetā etc. said under the evacuative smoking ( Sū. 5 ) along with hiṅgu should be used.

Mostly in the insanity caused by vāta and kapha sprinkling, collyrium, blowing, snuffing and smoking should be applied with urine, bile, faeces, skin, hairs, nails and hide of porcupine, owl, cat, jackal, wolf and goat. [ 63-75 ]

पैत्तिके तु प्रशस्यते । तिक्कं जीवनीयं च सर्पिः स्नेहश्च मिश्रकः ॥ ७६ ॥  
शीतानि चान्नपानानि मधुराणि मृदूनि च ।

शङ्खकेशान्तसन्धौ वा मोक्षयेज्ञो भिषक् सिराम् । उन्मादे विषमे चैव ज्वरेऽपस्मार पत्र च ॥ ७७ ॥

In paittika type, tiktaka and jivaniya ghṛta ( ghee cooked with bitters and vitalisers ) and mixed fat are efficacious. Moreover, the patient should be given cold, sweet and soft food and drinks or the physician should let the blood out of the vein situated at the joining of temple and the end of hair limit in insanity, irregular fever and epilepsy. [ 76-77 ]

घृतमांसवितृतं वा निवाते स्थापयेत् सुखम् । त्यक्त्वा मतिस्मृतिभ्रंशं संज्ञां लब्ध्वा प्रमुच्यते ॥ ७८ ॥

The patient should be kept in wind-free place restricting ghee and meat in his diet. Thus the getting rid off the loss of intellect and memory he regains sense and recovers. [ 78 ]

आश्वासयेत् सुहृदा तं वाक्यैर्धर्मार्थसंहितैः । ब्रूयादिष्टविनाशं वा दर्शयेदद्भुतानि वा ॥ ७९ ॥  
वदं सर्वपतैलाकं न्यसेद्वोत्तानमातपे । कपिकछुडयथा तसैलौहतैलजलैः स्पृशेत् ॥ ८० ॥  
कशाभिस्ताडयित्वा वा सुबद्धं विजने गृहे । रुन्ध्याच्चेतो हि विद्धान्तं वजत्यस्थ तथा शमम् ॥ ८१ ॥  
सर्पेणोद्भृतदर्शन्देण दान्तैः सिंहैर्गजैश्च तम् । त्रासयेच्छल्लाहस्तैर्चा तस्करैः शत्रुभिस्तथा ॥ ८२ ॥  
अथवा राजपुरुषा वहिनीत्वा सुसंयतम् । त्रासयेयुर्वधेनैनं तर्जयन्तो नृपाक्षया ॥ ८३ ॥  
देहदुःखभयेभ्यो हि परं प्राणभयं स्मृतम् । तेन याति शमं तस्य सर्वतो विष्णुतं मनः ॥ ८४ ॥

A friend should console him with religious and purposeful words or tell him the loss of some favourite person or thing or show him some astonishing thing or after massaging with mustard oil should tie him and lay prostrate in the sun, or should touch him with bristles of kapikacchu or heated iron rod, oil or water, or having tied him well, should beat him with whips and put him in a lonely room. Thus his perturbed mind gets pacified. He should be terrorised with teeth-less serpent, trained lion or elephant or armed thieves or enemies, or the royal servants should take him out well-tied and terrorise him intimidating to kill by king's orders. The fear of life is above that of the bodily affliction and as such it leads to pacification of the mind deranged wholly. [ 79-84 ]

इष्टद्रव्यविनाशात् मनो यस्योपहत्यते । तस्य तत्सदशप्राप्तिसान्त्वाश्वासैः शमं नयेत् ॥ ८५ ॥  
कामशोकभयकोधर्वेष्व्यालोभसंभवान् । परस्परप्रतिद्वन्द्वैरेभिरेव शमं नयेत् ॥ ८६ ॥

If the mind is affected due to loss of some liked thing it should be pacified by consoling and assuring him to provide a similar thing.

Insanity caused by passion, grief, fear, anger, exhilaration, envy and greed should be pacified by antagonising them mutually. [ 85-86 ]

बुद्ध्वा देशं वयः सात्म्यं दोषं कालं बलावले । चिकित्सितमिदं कुर्यादुन्मादे भूतदोषजे ॥ ८७ ॥  
देवर्षिपितृगन्धवैरुन्मत्तस्य तु बुद्धिमान् । वर्जयेदञ्जनादीनि तीक्ष्णानि कूरकर्म च ॥ ८८ ॥  
सर्पिष्यानादि तस्येह मृदु भैषज्यमाचरेत् । पूजां वल्युपहारांश्च मन्त्राञ्जनविधींस्तथा ॥ ८९ ॥  
शान्तिकर्मेण्ठोमांश्च जपस्वस्त्ययनानि च । वेदोक्तान् नियमांश्चापि प्रायश्चित्तानि चाचरेत् ॥ ९० ॥  
भूतानामधिपं देवमीश्वरं जगतः प्रभुम् । पूजयन् प्रयतो नित्यं जयत्युन्मादजं भयम् ॥ ९१ ॥  
रुद्रस्य प्रमथा नाम गणा लोके चरन्ति ये । तेषां पूजां च कुर्वाण उन्मादेभ्यः प्रमुच्यते ॥ ९२ ॥  
बलिभिर्मङ्गलैर्हौमैरोक्त्यगदधारणैः । सत्याचारतपोऽशानप्रदाननियमवतैः ॥ ९३ ॥  
देवगोब्राह्मणानां च गुरुणां पूजनेन च । आगन्तुः प्रशमं याति सिद्धैर्मन्त्रौषधैस्तथा ॥ ९४ ॥  
यज्ञोपदेश्यते किंचिदपस्मारचिकित्सिते । उन्मादे तच कर्तव्यं सामान्यादेतुदृश्ययोः ॥ ९५ ॥

Physician should administer this treatment in insanity caused by spirits or dosas after examining place, age, suitability, morbidity, time and strength or otherwise. In the insanity caused by gods, sage, fore-fathers or gandharvas the wise physician should avoid irritant collyrium etc. and other harsh measures instead should use intake of ghee and other mild medicaments. Moreover, worship, offerings, gifts, recitation of hymns, collyriums, pacificatory acts, sacrifices, oblations, repetition of hymn, blessings, vedic rites and expiations.

One worshipping daily and sincerely the all-powerful god ( Šiva ), the master of spirits and lord of the world, overcomes the fear of insanity. Pramathas, the attendants of Rudra who move about in the world, if worshipped, help recovery from insanity.

The exogenous insanity is pacified by offerings, auspicious acts, oblations wearing roots and antipoison drugs, good conduct, austerity, knowledge, gifts, religious duties, vows; worship of gods, cows, brāhmaṇas and preceptors and unfailing hymns and drugs.

Because of similarity in etiology and substratum of morbidity, the remedial measures prescribed for epilepsy should also be adopted for insanity. [ 87-95 ]

निवृत्तामिषमयो यो हिताशी प्रयतः शुचिः । निजागन्तुभिरुन्मादैः सत्त्ववान् न स युज्यते ॥ ९६ ॥

The person having preponderance of sattwa, abstaining from meat and wine, taking wholesome diet, sincere and pure is not affected by innate or exogenous insanity. [ 96 ]

प्रसादशेन्द्रियार्थीनां बुद्ध्यात्ममनसां तथा । धातूनां प्रकृतिस्थत्वं विगतोन्मादलक्षणम् ॥ ९७ ॥

Clarity (in perception) of sense objects and also of intellect, self and mind along with normalcy of dhātus is sign of the recovery from insanity. [ 97 ]

तत्र श्लोकः—

उन्मादानां समुत्थानं लक्षणं सचिकित्सितम् । निजागन्तुनिमित्तानामुक्तवान् भिषगुच्छमः ॥ ९८ ॥

Now summing up verse—

(Punarvasu) The best of physicians told about the etiology, symptoms and treatment of the types of insanity caused by innate and exogenous factors. [ 98 ]

इत्यग्निवेशकृते तन्त्रे चरकप्रतिसंस्कृतेऽप्राप्ते दृढवल्पूरिते चिकित्सास्थाने उन्मादचिकित्सितं नाम नवमोऽध्यायः ॥ ९ ॥

Thus ends the ninth chapter on the treatment of insanity in Cikitsāsthāna in the treatise composed by Agniveśa, redacted by Caraka and reconstrucuted by Dṛḍhabala as it was unavailable. ( 9 )

## दशमोऽध्यायः

### CHAPTER X

अथातोऽप्स्मारचिकित्सितं व्याख्यास्यामः ॥ १ ॥

Now ( I ) shall expound the chapter on the treatment of epilepsy. [ 1 ]

इति ह स्माह भगवानात्रेयः ॥ २ ॥

As propounded by Lord Āṭreya. [ 2 ]

स्मृतेरपगमं प्राहुरपस्मारं भिषग्विदः । तमःप्रवेशं वीभत्सचेष्टं धीसन्त्वसंप्लवात् ॥ ३ ॥

Apasmāra ( epilepsy ) is defined by experts as departure of memory associated with entering into darkness ( unconsciousness ) and loathsome appearance due to derangement of intellect and mind. [ 3 ]

विभ्रान्तबहुदोषाणामहिताशुचिभोजनात् । रजस्तमोम्यां विहते सर्वे दोषावृते हृदि ॥ ४ ॥  
चिन्ताकामभयकोधशोकोद्गेगादिभिस्तथा । मनस्यभिहते नृणामपस्मारः प्रवर्तते ॥ ५ ॥

In those with perverted mind and abundant morbidity due to intake of unwholesome and unclean food, infliction of mind with rajas and tamas, masking of heart with doshas and injury of mind by anxiety, passion, fear, anger, grief, agitation etc. epilepsy comes forth. [ 4-5 ]

धमनीभिः श्रिता दोषा हृदयं पोडयन्ति हि । संपोङ्यमानो व्यथते मूढो भ्रान्तेन चेतसा ॥ ६ ॥  
पश्यत्यसन्ति रूपाणि पतति प्रस्फुरत्यपि । जिह्वाक्षिभूः खबल्लालो हस्तौ पादौ च विक्षिपन् ॥ ७ ॥  
दोषवेगे च विगते सुतवत् प्रतिबुद्ध्यते ।

Dosas being carried by vessels to heart afflict it and as such the patient suffers stupefied with wandering mind. He sees non-existent things ( visual hallucination ), falls down, gets twitching in tongue, eyes and eyebrows, excessive salivation, and convulsions in hands and feet. After the paroxism is over the patient awakens as if from sleep. [ 6-7 ]

पृथगदोषैः समस्तैश्च वक्ष्यते स चतुर्विधः ॥ ८ ॥

कम्पते प्रदशोहन्तान् केनोद्वामी श्वसिलपि । पश्येद्रूपाणि चानिलात् ॥ ९ ॥  
पीतफेनाङ्गवक्त्राक्षः पीतासूत्रपदर्शनः । सतुष्णोष्माऽनलव्याप्तलोकदर्शी च पैत्तिकः ॥ १० ॥  
शुक्लफेनाङ्गवक्त्राक्षः शीतो हृष्टाङ्गजो गुरुः । पश्यञ्चुक्लानि रूपाणि श्लैष्मिको मुच्यते चिरात् ॥ ११ ॥  
सर्वैरेतैः समस्तैस्तु लिङ्गैर्ज्ञेयत्विदोषजः । अपस्मारः स चासाध्यो यः क्षीणस्यानवश्य यः ॥ १२ ॥  
पक्षाद्वा द्वादशाद्वा भासाद्वा कुपिता मलाः । अपस्माराय कुर्वन्ति वेगं किञ्चिदथान्तरम् ॥ १३ ॥

Epilepsy is of four types—such as caused by individual dosas and by all combined.

In vātika epilepsy the patient trembles, bites his teeth, emits froth, respires excessively and sees things as rough, reddish and black.

In paittika epilepsy, the patient has yellow froth, limbs, face and eyes, sees things as yellow and red, suffers from thirst and heat and views the environment as caught with fire.

In kaphaja epilepsy, the patient has white froth, limbs, face and eyes, is cold horripilated, heavy and views things as white. He recovers after a long period.

The epilepsy caused by three dosas is known from all the above symptoms jointly. This type of epilepsy is incurable and also in the wasted person and the old one. The vitiated dosas give rise to paroxysmal fits of epilepsy at the interval of a fort-night, twelve days or a month with a slight variation. [ 8-13 ]

तैरावृतानां हृत्सोतोमनसां संप्रबोधनम् । तीक्ष्णेरादौ भिषक् कुर्यात् कर्मभिर्वर्मनादिभिः ॥ १४ ॥  
वातिकं बस्तिभूयिष्टैः पैत्तं प्रायो विरेचनैः । श्लैष्मिकं वर्मनप्रायैरप्स्मारमुपाचरेत् ॥ १५ ॥

Physician, at first, should take steps for the awakening of heart, channels and mind blocked by those dosas by drastic emesis etc. He should treat the vātika type predominantly with enema, paittika type mostly with purgation and kaphaja mostly with emesis. [ 14-15 ]

सर्वतः सुविशुद्धस्य सम्यगाश्वासितस्य च । अप्स्मारविमोक्षार्थं योगान् संशमनाज्ञृणु ॥ १६ ॥  
गोशकुद्रसदध्यम्लक्षीरमूत्रैः समैर्घृतम् । सिद्धं पिवेदप्स्मारकामलाज्वरनाशनम् ॥ १७ ॥  
इति पञ्चगव्यं घृतम् ।

In patient cleansed by all means and consoled well, drug formulations to alleviate the epilepsy should be administered, now listen.

Ghee cooked with equal quantity of cow's dung juice, sour curd, milk and urine should be administered. It alleviates epilepsy, jaundice and fever. [ 16-17 ]

( Thus pañcagavya ghṛta ).

द्वे पञ्चमूल्यौ त्रिफला रजन्यौ कुटजत्वग्नम् । सतपर्णमपामार्गं नीलिनीं कटुरोहिणीम् ॥ १८ ॥  
शाम्पाकं फल्गुमूलं च पौष्टकं सदुरालभम् । द्विपलानि जलद्रोणे पक्तवा पादावशेषिते ॥ १९ ॥  
भार्गां पाठं त्रिकटुकं त्रिवृतां निचुलानि च । श्रेयसीमाढकीं मूर्वां दन्तीं भूनिम्बचित्रकौ ॥ २० ॥  
द्वे सारिचे रोहिणं च भूतीकं मदयन्तिकाम् । क्षिपेतिष्ठाऽक्षमात्राणि तेन प्रस्थं घृतात् पचेत् ॥ २१ ॥  
गोशकुद्रसदध्यम्लक्षीरमूत्रैश्च तत्समैः । पञ्चगव्यमिति ख्यातं महत्तदसृतोपमम् ॥ २२ ॥  
अप्स्मारे तथोन्मादे श्वयथावृदरेषु च । गुल्मार्शःपाण्डुरोगेषु कामलायां हलीमके ॥ २३ ॥  
शस्यते घृतमेतत् प्रयोक्तव्यं दिने दिने । अलक्ष्मीग्रहरोगद्धं चातुर्थकविनाशनम् ॥ २४ ॥  
इति महापञ्चगव्यं घृतम् ।

Both pañcamūlas, triphalā, both types of haridrā, kuṭaja bark, saptaparna, apāmārga, nīlinī, kāṭurohiṇī, āragvadha, phalgu ( root ), puṣkaramūla, durālabhā—each 80 gms. should be boiled with water 10.24 litres remaining to one-fourth. Now bhārgī, pāṭhā, trikaṭu, trivṛt, nicula, gajapippali, āḍhaki, mūrvā, danti, kirātakta, citraka, two types of sāriṇā, rohiṇī, bhūtīka and madayantikā—each 10 gm. should be powdered and put as paste. With these ( decoction and paste ) ghee 640 gm. should be cooked with equal quantity of cowdung juice, sour curd, milk and urine. This is known as mahāpañcagavya ghṛta and is like ambrosia. It is efficac-

ious in epilepsy, insanity, oedema, udara, gulma, piles, and anaemia, jaundice, halimaka, inauspiciousness, disorders of grahas and quartan fever. It should be taken daily. [ 18-24 ]

( Thus mahāpañcagvya ghṛta ).

ब्राह्मीरसवचाकुष्ठशङ्खपुष्पीभिरेव च । पुराणं घृतमुन्मादालक्ष्यपस्मारपापनुत् ॥ २५ ॥  
 घृतं सैन्यवहिङ्गुम्यां वार्षं वास्ते चतुर्गुणे । मूत्रे सिद्धमपस्मारहृद्वामयानाशनम् ॥ २६ ॥  
 वचाशम्पाककटर्यवयःस्थाहिङ्गुचोरकैः । सिद्धं पलङ्गुषायुक्तवृत्तशेषमात्मके घृतम् ॥ २७ ॥  
 तैलप्रस्थं घृतप्रस्थं जीवनीयैः पलोनिमतैः । क्षीरद्रोणे पचेत् सिद्धमपस्मारविनाशनम् ॥ २८ ॥  
 कंसे क्षीरेश्वरसयोः काशमयेऽप्यगुणे रसे । कार्विंकैर्जीवनीयैश्च घृतप्रस्थं विपाचयेत् ॥ २९ ॥  
 वातपित्तोद्धवं क्षिप्रमपस्मारं नियच्छति । तद्वत् काशविदारीश्वरुक्षाथशृतं घृतम् ॥ ३० ॥  
 मधुकद्विपले कल्के द्रोणे चामलकीरसात् । तद्वत् सिद्धो घृतप्रस्थः पित्तापस्मारमेषजम् ॥ ३१ ॥

Old ghee cooked with brāhmī juice, vacā, kuṣṭha and śaṅkha puṣpi alleviates insanity, inauspiciousness, epilepsy and sins.

Old ghee cooked with rocksalt and asafoetida in four times urine of bull and goat alleviates epilepsy, heart disease and disorder caused by grahas.

Ghee cooked with vacā, āragvadha, kaiṭarya, yavaḥsthā, hiṅgu and coraka along with pālaṅkaśā is efficacious in epilepsy having predominance of vāta and kapha.

Oil 640 gm., ghee 640 gm. and the drugs of Jivaniya ( vitaliser ) group are cooked with milk 10-24 litres. This alleviates epilepsy.

Ghee 640 gm. should be cooked with milk and sugarcane juice 2.56 litres, kāśmarya juice eight times and jivaniya drugs 10 gm. each ( as paste ). It is efficacious in epilepsy predominant in vāta and pitta.

Similar is the ghee cooked with the decoction of kāśa, vidārī, ikṣu and kuṣa.

Likewise, ghee 640 gm. cooked with the paste of madhuka 80 gm. and āmalaki juice 10-24 litres is a good remedy for pittaja epilepsy. [ 25-31 ]

अभ्यङ्गः सार्वं तैलं वस्तमूत्रे चतुर्गुणे । सिद्धं स्याद्वौशाकून्मूत्रैः नानोत्सादनमेव च ॥ ३२ ॥  
 कटभीनिम्बकट्वङ्गमधुशिग्रुत्वचां रसे । सिद्धं मत्रसमं तैलमध्यङ्गार्थं प्रशस्यते ॥ ३३ ॥

Mustard oil cooked with four times goat's urine makes a massage (for epilepsy). Cow dung and cow's urine are used as bath and anointing.

Oil with equal quantity of cow's urine cooked with the bark juice of kaṭabhi, nimbu, kaṭvaṅga and madhuśigru is recommended for massage. [ 32-33 ]

पलङ्गावचापथ्यादृश्चिकाल्यर्कसर्पैः । जटिलापूतनाकेशीनाकुलीद्विहुचोरकैः ॥ ३४ ॥  
लशुनातिरसाचित्राकुष्ठैर्विडभिश्च पक्षिणाम् । मांसाशिनां यथालाभं बस्तमूत्रे चतुर्गुणे ॥ ३५ ॥  
सिद्धमध्यज्ञनं तैलमपस्मारविनाशनम् । पतैश्चैवौषधैः कार्यं धूपनं सप्रलेपनम् ॥ ३६ ॥

Oil cooked with palaṅkaśā, vacā, harītaki, vṛścikālī, arka, sarṣapa, jatilā, pūtanākeśī, hingu, coraka, laśuna, atirasā, citrā and kuṣṭha, the stool of carnivorous birds as available, and four times goat's urine makes a massage alleviating epilepsy. These drugs may also be used as incense and paste. [ 34-36 ]

पिप्पलीं लवणं चित्रां हिङ्गु द्विहुशिवाटिकाम् । काकोलीं सर्पपानं कौटर्यचन्दने ॥ ३७ ॥  
शुनः स्कन्धास्थिनखरान् पर्शुकां चेति पेषयेत् । बस्तमूत्रेण पुष्यक्षेण प्रदेहः स्यात् सधूपनः ॥ ३८ ॥

Pippali, lavaṇa ( fruits of lavaṇā ), citrā, hingu, hiṅgu sivāṭikā, kākoli, sarṣapa, kaiṭarya, candana, dog's shoulder bone, nails and ribs should be pounded with goat's urine in puṣya constellation. This is used for anointing and incense. [ 37-38 ]

अपेतराक्षसीकुष्ठपूतनाकेशिचोरकैः । उत्सादनं मूत्रपिष्ठैर्मूत्रैरेवावसेचनम् ॥ ३९ ॥  
जलौकःशक्ता तद्वद्वग्धैवां बस्तरोमभिः । खरास्थिभिर्हस्तिनखैस्तथा गोपुच्छलोमभिः ॥ ४० ॥

Anointing should be done with apetarākṣasi, kuṣṭha, pūtanākeśī and coraka powdered with urine. It is followed by sprinkling with urine itself. Similar application is used of excrement of leeches, or burnt goat's skin, hair, bones of ass, nails of elephant and skin hairs of the cow's tail. [ 39-40 ]

कपिलानां गवां मूत्रं नावनं परमं हितम् । श्वशृगालविडालानां सिंहादीनां च शस्यते ॥ ४१ ॥  
भार्गी वचा नागदन्तो श्वेता श्वेता विषाणिका । ज्योतिष्मती नागदन्ती पादोका मूत्रपेषितः ॥ ४२ ॥  
योगाख्योऽतः षड् बिन्दून् पञ्च वा नावयेद्विषक् । त्रिफलाव्योषपीतद्वयवक्षारफणिज्ञकैः ॥ ४३ ॥  
इयामापामार्गकारज्ञफलैर्मूत्रैऽथ बस्तजे । साधितं नावनं तैलमपस्मारविनाशनम् ॥ ४४ ॥  
पिप्पली वृश्चिकाली च कुष्ठं च लवणानि च । भार्गी च चूर्णितं नस्तः कार्यं प्रधमनं परम् ॥ ४५ ॥

The urine of brown cow is very efficacious as snuff. similarly the urine of dog, jackal, cat, tiger etc. is recommended for the purpose.

( 1 ) Bhārgī, vacā and nāgadantī, ( 2 ) śwetā and śweta viśāṇikā, ( 3 ) jyotiṣmatī and nāgadantī—these three formulations said in quarter verses are pounded with urine and administered as snuff in the dose of five or six drops.

Oil cooked with triphalā, trikaṭu, dāruharidrā, yavakṣāra, phaṇijjhaka, śyāmā, apāmārga and karañja ( fruits ) in goat's urine makes a snuff which alleviates epilepsy.

Pippali, vṛścikālī, kuṣṭha, salts and bhārgī should be powdered and used as blowing snuff. [ 41-45 ]

कायस्थां शारदान्मुद्रान्मुस्तोशीरयवांस्तथा । सब्योषान् वस्तमूत्रेण पिष्ठा वर्तीः प्रकल्पयेत् ॥ ४६ ॥  
 अपस्मारे तथोन्मादे सर्पदण्डे गरादिते । विषपीते जलमृते चैताः स्युरमृतोपमाः ॥ ४७ ॥  
 मुस्तं वयःस्थां त्रिफलां कायस्थां हिङ्गं शाद्वलम् । व्योषं माषान् यवान्मूत्रैर्बास्तमैषार्थभैस्त्रिभिः ॥ ४८ ॥  
 पिष्ठा कृत्वा च तां वर्तिमपस्मारे प्रयोजयेत् । किलासे च तथोन्मादे ज्वरेषु विषमेषु च ॥ ४९ ॥

Kāyasthā, green grams reaped in autumn, musta, usīra, yava and trikaṭu are powdered with goat's urine and made into collyrium-sticks. They are nectar-like efficacious in epilepsy, insanity, snake-bite, synthetic poison, poisoning and drowning.

Musta, vayahstha, triphalā, kāyasthā, hiṅgu, dūrvā, trikaṭu, black gram and barley should be powdered with urines of goat, sheep and bull and made into collyrium sticks. These are applied in cases of epilepsy, leucoderma, insanity and intermittent fever. [ 46-49 ]

पुष्योदूतं शुनः पित्तमपस्मारघमञ्जनम् । तदेव सर्पिषा युतं धूपनं परमं मतम् ॥ ५० ॥  
 नकुलोदूकमार्जारगृध्रकीटाहिकाकज्जैः । तुण्डैः पक्षैः पुरीषैश्च धूपनं कारयेद्विषक् ॥ ५१ ॥  
 आभिः कियाभिः सिद्धाभिर्हृदयं संप्रबुध्यते । स्नोतांसि चापि शुध्यन्ति ततः संज्ञां स विन्दति ॥ ५२ ॥

Application as collyrium of dog's bite extracted in puṣya constellation is alleviator of epilepsy. This also makes an excellent fumigation when mixed with ghee.

The physician should also fumigate with beaks, feathers and faeces of mongoose owl, cat, vulture, insects, snakes and crow.

With these tested applications heart awakens, channels are cleansed and thus the patient regains consciousness. [ 50-52 ]

यस्यानुबन्धस्त्वागनन्तुर्दोषलिङ्गाधिकाकृतिः । दृश्येत तस्य कार्यं स्यादागन्तन्मादभेषजम् ॥ ५३ ॥

In case where there is association of exogenous factor having symptoms more than those of dosas, one should apply remedial measures prescribed for insanity [ 53 ]

अनन्तरमुवाचेद्मग्निवेशः कृताज्जलिः । भगवन् ! प्राक् समुहिष्टः श्लोकस्थाने महागदः ॥ ५४ ॥  
 अतस्वाभिनिवेशो यस्तद्वेत्वाकृतिभेषजम् । तत्र नोकमतः श्रोतुमिच्छामि तदिहोच्यताम् ॥ ५५ ॥  
 शुश्रूषे वचः श्रुत्वा शिष्यायाह पुनर्वसुः । महागदं सौम्य ! शृणु सहेत्वाकृतिभेषजम् ॥ ५६ ॥  
 मलिनाहारशीलस्य वेगान् प्राप्ताच्छिगृह्णतः । शीतोष्णस्त्रिग्नधरक्षादैहेतुभिश्चातिसेवितैः ॥ ५७ ॥  
 हृदयं समुपाधित्य मनोबुद्धिवहाः सिराः । दोषाः संदूष्य तिष्ठन्ति रजोमोहावृतात्मनः ॥ ५८ ॥  
 रजस्तमोभ्यां वृद्धाभ्यां बुद्धौ मनसि चावृते । हृदये व्याकुले दोषैरथ मूढोऽल्पचेतनः ॥ ५९ ॥  
 विषमां कुरुते तुद्धिं नित्यानित्ये हिताहिते । अतस्वाभिनिवेशं तमाहुरासा महागदम् ॥ ६० ॥  
 स्नोहस्वेदोपपन्नं तं संशोध्य वमनादिभिः । कृतसंसर्जनं मेधैरन्नपानैरुपाचरेत् ॥ ६१ ॥  
 ब्राह्मीस्वरसयुक्तं यत् पञ्चगव्यमुदाहृतम् । तत् सेव्यं शङ्खपुष्पी च यज्ञ मेधयं रसायनम् ॥ ६२ ॥  
 सुहृदश्चातुर्कूलास्तं स्वासा धर्मार्थवादिनः । संयोजयेयुर्विज्ञानवैर्यस्मृतिसमाधिभिः ॥ ६३ ॥

Thereafter Agnivesa submitted with folded hands, O Lord ! the great disease known as attachment to unreality which is said earlier in Sutrasthana has not been described here in terms of its etiology, symptoms and treatment. So I want to hear it, kindly tell. Punarvasu having heard the query of the inquisitive disciple replied—O gentle ! now listen the great disease along with its etiology, symptoms and treatment.

In a person taking dirty food, suppressing impelled urges, using cold-hot, unctuous and rough things in excess, doṣas reaching the heart affect the channels connected with mind and intellect and get seated there in the one who is already shrouded with rajas and tamas. Thus on masking of intellect and mind by increased rajas and tamas and bewilderment of heart by doṣas, the patient confused and having little sense interprets eternal-non-eternal and wholesome-unwholesome wrongly. This is known as attachment to unreality or great disease.

As regards management, the patient should be evacuated with emesis etc. after unction and sudation. Thereafter proper dietitic regimen should be given to him. The pañcagavya ghṛta combined with Brāhmaṇi juice should be taken. Moreover, he should take śāṅkhapuṣpi and other intellect-promoting rasāyana. Very close, trusted and favourite friends speaking about righteousness and purpose should make him devoted to understanding, perseverance, memory and concentration. [ 54-63 ]

प्रयुज्ज्यात्तैललशुनं प्यसा वा शतावरीम् । ब्राह्मीरसं कुष्ठरसं वचां वा मधुसंयुताम् ॥ ६४ ॥  
दुश्चिकित्स्यो द्युपस्मारश्चिकारी कृतास्पदः । तस्माद्वायनैरेन प्रायशः समुपचरेत् ॥ ६५ ॥

One should use oil and garlic, śatāvarī with milk, brāhmaṇi juice, kuṣṭha juice or vacā with honey.

Epilepsy is treatable with difficulty, of chronic nature and placed firmly. Hence one should treat it mostly with rasāyana measures. [ 64-65 ]

जलाप्तिद्रुमशैलेभ्यो विषमेभ्यश्च तं सदा । रक्षेदुन्मादिनं चैव सद्यःप्राणहरा हि ते ॥ ६६ ॥

The epileptic along with the insane should also be kept aloof from risky situations like water, fire, tree and hills because they take away the life immediately. [ 66 ]

तत्र श्लोकौ—

हेतुं कुर्वन्त्यप्स्मारं दोषाः प्रकुपिता यथा । सामान्यतः पृथक्त्वाच्च लिङ्गं तेषां च भेषजम् ॥ ६७ ॥  
महागदसमुत्थानं लिङ्गं चोवाच सौषधम् । मुनिर्व्याससमासाभ्यामप्स्मारचिकित्सिते ॥ ६८ ॥

Now the summing up verses.

Etiology, mode of pathogenesis by dosas, general and specific symptoms and treatment of epilepsy, causes, symptoms and treatment of the great disease—all this has been said by the sage in brief as well as detail under the treatment of epilepsy. [ 67-68 ]

इत्यग्निवेशकृते तन्त्रे चरकप्रतिसंस्कृतेऽप्राप्ते दद्बलसंपूरिते चिकित्सास्थानैऽपस्मारचिकित्सितं  
नाम दशमोऽध्यायः ॥ १० ॥

Thus ends the tenth chapter on the treatment of epilepsy in Cikitsāsthāna  
in the treatise composed by Agniveśa, redacted by Caraka and  
reconstructed by Dr̥ḍhabala as it was not available. ( 10 )

### एकादशोऽध्यायः

#### CHAPTER XI

अथातः क्षतक्षीणचिकित्सितं व्याख्यास्यामः ॥ १ ॥

Now (I) shall expound the chapter on the treatment of the wounded (in chest) and wasted. [ 1 ]

इति ह स्माह भगवानात्रेयः ॥ २ ॥

As propounded by Lord Ātreyya. [ 2 ]

उदारकीर्तिं ब्रह्मणिरात्रेयः परमार्थचित् । क्षतक्षीणचिकित्सार्थमिदमाह चिकित्सितम् ॥ ३ ॥

Ātreyya, the brāhmaṇical sage of wide fame and having knowledge of the highest ideas said this for the treatment of the wounded and wasted. [ 3 ]

धनुषाऽयस्यतोऽत्यर्थं भारमुद्धतो गुरुम् । पततो विषमोच्चेभ्यो बलिभिः सह युध्यतः ॥ ४ ॥

वृषं हयं वा धावन्तं दम्यं वाऽन्यं निगृह्णतः । शिलाकाष्ठाशमनिर्धातान् शिष्पतो निघ्रतः परान् ॥ ५ ॥

अधीयानस्य वाऽत्युच्चैदूर्दं वा वज्रतो द्रुतम् । महानदीं वा तरतो हयैर्वा सह धावतः ॥ ६ ॥

सहसोत्पतोऽत्यर्थं तृणं चातिप्रनृत्यतः । तथाऽन्यैः कर्मभिः क्रूरैर्भृशामभ्याहतस्य च ॥ ७ ॥

विश्वे वक्षसि व्याधिर्बलवान् समुदीर्यते । स्त्रीषु चातिप्रसक्तस्य रक्षाल्पप्रमिताशिनः ॥ ८ ॥

The person who exerts excessively with bows, carries heavy weight, falls from uneven and high places, fights against the stronger ones, controls the running bull, horse or other such beings, throws strikers of rock, wood or stone, overcomes enemies, reads very loudly, walks fastly for a long distance, swims across big river, runs with horses, jumps too much suddenly, dances too much swiftly or is injured severely by similar

other harsh movements, his chest gets wounded and thus the severe disease manifests. This also occurs in the person who indulges too much in women while taking rough, little and deficient diet. [ 4-8 ]

उरो विरुद्ध्यते तस्य भिद्यतेऽथ विभज्यते । प्रपीड्यते ततः पाश्वे शुष्यत्यङ्गं प्रवेपते ॥ ९ ॥  
क्रमाद्वीर्यं बलं वर्णं रुचिरग्निश्च हीयते । ज्वरो व्यथा मनोदैन्यं विड्मेदोऽग्निवधादपि ॥ १० ॥  
दुष्टः स्थावः सुदुर्गन्धः पीतो विग्रथितो बहुः । कासमानस्य च श्लेष्मा सरक्तः संप्रवर्तते ॥ ११ ॥  
स क्षतः क्षीयतेऽत्यर्थं तथा शुकौजसोः क्षयात् ।

Chest aches and has tearing and cutting pain, both sides have severe pain, there is emaciation and trembling in body, gradual deterioration of energy, strength, lustre, relish and digestive fire. Moreover, there are fever, discomfort, malaise and diarrhoea also due to loss of digestive power. While coughing the patient expels sputum abnormal, blackish, with foul smell, yellow, knotty, copious and mixed with blood. This wounded person by diminution of semen and ojas gets emaciated exceedingly. [ 9-11 ]

अद्यक्तं लक्षणं तस्य पूर्वरूपमिति स्मृतम् ॥ १२ ॥

उरोहक् शोणितच्छर्दिं कासो वैशेषिकः क्षते । क्षीणे सरक्तमूत्रत्वं पाइर्वपृष्ठकटिग्रहः ॥ १३ ॥

The unmanifested symptoms are known as prodroma.

Chest pain, haemoptysis and cough are pronounced in the wounded while in the wasted there are haematuria and pain in sides, back and waist. [ 12-13 ]

अद्यपिलिङ्गस्य दीप्ताम्बोः साध्यो बलवतो नवः । परिसंवत्सरो याप्यः सर्वलिङ्गं तु वर्जयेत् ॥ १४ ॥

The newly arisen disease in the patient having a few symptoms and good digestion is curable. The disease of a year's standing is palliable while that having all the symptoms is rejectable. [ 14 ]

उरो मत्वा क्षतं लाक्षणं पयसा मधुसंयुताम् । सद्य एव पिवेज्जीर्णे पयसाऽद्यात् सशर्करम् ॥ १५ ॥  
पाइर्वबस्तिरुजी चालपित्ताग्निस्तां सुरायुताम् । भिन्नविट्कः समुस्तातिविषापाठां सवत्सकाम् ॥ १६ ॥  
लाक्षणं सर्पिर्मधूचिड्युषं जीवनीयगणं सिताम् । त्वक्क्षीरीर्णं समितां क्षीरे पक्त्वा दीप्तानलः पिवेत् ॥ १७ ॥  
इक्ष्वालिकाबिसग्रन्थियद्वकेशरचन्दनैः । शृतं पयो मधुयुतं सन्धानार्थं पिवेत् क्षती ॥ १८ ॥  
यवानं चूर्णमादाय क्षीरसिद्धं घृतप्लुतम् । ज्वरे दाहे सिताक्षौद्रसर्कून् वा पयसा पिवेत् ॥ १९ ॥  
मधूकमधुकद्राक्षात्कक्षीरीपिष्पलीबलाः । कासी पार्श्वास्थिरूपी च लिह्वात्सघृतमाक्षिकाः ॥ २० ॥

Knowing the chest wounded the patient should take lac with honey followed by milk immediately. Thereafter when the drug is digested he should take food with milk and sugar. One having pain in sides and pelvis and with diminished pitta and digestion should take it ( lac ) with surā ( wine ). The patient suffering from diarrhoea should take it with musta, ativiṣā, pāṭhā and kuṭaja.

The patient with good digestion should take lac, ghee, bee-wax, drugs of jivanīya group, sugar, twakṣīrī and fine wheat flour.

The wounded person should take milk boiled with ikṣvālikā, lotus rhizome and stamens, and candana and added with honey for wound-healing.

The powder of barley cooked in milk and added with plentiful ghee should be taken in fever and burning sensation or sugar, honey and parched grain flour with milk.

One suffering from cough, pain in sides and bone should take madhūka, madhuka, drākṣa, twakkṣiri, pippali and balā mixed with ghee and honey. [ 15-20 ]

एलापत्रत्वचोऽर्धक्षाः पिण्यल्यर्धपलं तथा । सितामधुकखर्जूरमृद्दीकाश्च पलोग्निमिताः ॥ २१ ॥

संचूर्ण्य मधुना युक्ता गुटिकाः संप्रकल्पयेत् । अक्षमात्रां ततश्चैकां भक्षयेत्त्रा दिने दिने ॥ २२ ॥

कासं श्वासं ज्वरं हिकां छर्दि मूच्छां मदं भ्रमम् । रक्तनिष्ठीवनं तृष्णां पार्श्वशूलमरोचकम् ॥ २३ ॥

शोषप्लीहाद्यवातांश्च स्वरभेदं क्षतं क्षयम् । गुटिका तर्पणी वृष्या रक्तपित्तं च नाशयेत् ॥ २४ ॥

इत्येलादिगुटिका ।

Elā, patra and twak each 5 gm., pippali 20 gm., sugar, madhuka, kharjūra and mṛdwikā each 40 gm.—all powdered together and mixed with honey are made into boluses. One should take one bolus of 10 gm. dose daily. This saturating and semen-promoting bolus alleviates cough, dyspnoea, fever, hiccup, vomiting, fainting, narcosis, giddiness, haemoptysis, thirst, pain in sides, anorexia, phthisis, spleen enlargement, vātarakta, hoarseness of voice, chest-wound, wasting and internal haemorrhage. [ 21-24 ]

( Thus elādi guṭikā ).

रक्तेऽतिवृत्ते दक्षाण्डं यूपैस्तोयेन वा पिवेत् । चटकाण्डरसं वाऽपि रक्तं वा छागजाङ्गलम् ॥ २५ ॥

चूर्णं पौनर्नवं रक्तशालितण्डुलशर्करम् । रक्तष्टीवी पिवेत् सिद्धं द्राक्षारसपयोघैः ॥ २६ ॥

मधुकमधुकक्षीरसिद्धं वा तण्डुलीयकम् ।

In case of excessive haemorrhage, one should take cock or sparrow's testicle, with vegetable soups or water or blood from goat or some wild animal. One having haemoptysis should take the powder of punarnavā, red śāli rice and sugar cooked in grape juice, milk and ghee; or he should take tanduliyaka cooked with madhūka madhuka and milk. [ 25-26 ]

मूढवातस्त्वजामेदः सुराभृष्ट ससैन्धवम् ॥ २७ ॥

क्षामः क्षीणः क्षतोरस्कस्त्वनिद्रः सब्लेनिले । शृतक्षीरसरेणाद्यात् सक्षीद्रघृतशर्करम् ॥ २८ ॥

शर्करां यवगोधूमौ जीवकर्षभकौ मधु । शृतक्षीरानुपानं वा लिखात् क्षीणः क्षती कृशः ॥ २९ ॥

कव्यादमांसनिर्यूहं घृतभृष्टं पिवेत् सः । पिण्पलीक्षीद्रसंयुक्तं मांसशोणितवर्धनम् ॥ ३० ॥

न्यग्रोधोदुम्बराश्वत्थपुक्षशालप्रियङ्गुभिः । तालमस्तकजम्बूत्वकिप्रयालैश्च सप्तवैकः ॥ ३१ ॥

साश्वकणैः शृतात् क्षीरादद्याज्ञातेन सर्विषा । शाल्योदनं क्षतोरस्कः क्षीणशुक्रश्च मानवः ॥ ३२ ॥

यष्टथाह्नागवलयोः काथे क्षीरसमं घृतम् । पयस्यापिण्पलीवांशीकलकसिद्धं क्षते शुभम् ॥ ३३ ॥

कोललाक्षारसे तद्रत् क्षीराष्टुगुणसाधितम् । कर्वैः कट्टवङ्गदार्वात्वग्वत्सकत्वकफलैर्घृतम् ॥ ३४ ॥

The patient having confounded vāta should take goat's fat fried with wine and mixed with rock salt.

If the patient is weak, wasted, with chest wound and insomnia and having predominance of vāta, he should take food along with supernatant fatty layer of boiled milk and added with honey, ghec and sugar.

The patient wasted, wounded and emaciated should take sugar, barley, wheat, jivaka, ṛśabhaka and honey mixed together followed by the intake of boiled milk.

He should also take soup of the meat of some carnivorous animal fried with ghec and added with pippalī and honey. This increases musculature and blood.

The patient having chest wound and diminished semen should eat śāli rice and ghee extracted from the milk boiled with nyagrodha, udumbara, aśvattha, plakṣa, śāla, priyaṅgu, growing end of the tāla stem, jambū ( bark ), priyāla, padmaka and aśvakarṇa.

Ghee equal in quantity of milk cooked with decoction of yaṣṭī and nāgabalā and paste of payasyā, pippalī and vaṁśalocana is efficacious in chest wound.

Likewise, ghee cooked with decoction of kola and lac, eight times milk and paste of aralu, dāruharidrā ( bark ) and kuṭaja ( bark and fruit ) is efficacious in chest wound. [ 27-34 ]

जीवकर्षभकौ वीरां जीवन्तीं नागरं शटीम् । चतस्रः पर्णिनीर्मदे काकोल्यौ द्वे निदिग्धिके ॥ ३५ ॥  
 पुनर्नवे द्वे मधुकमात्मगुतां शतावरीम् । ऋद्धिं परुषकं भागीं मृदीकां वृहतीं तथा ॥ ३६ ॥  
 शृङ्खाटकं तमालकीं पयस्यां पिष्पलीं बलाम् । बद्राक्षोटखर्जूरवातामाभिषुकाण्यपि ॥ ३७ ॥  
 फलानि चैवमादीनि कल्कान् कुर्वीत कार्षिकान् । धात्रीरसविदारीशुच्छागमांसरसं पयः ॥ ३८ ॥  
 कुर्यात् प्रस्थोन्मितं तेन घृतप्रस्थं विपाचयेत् । प्रस्थार्थं मधुनः शीते शर्करार्धतुलां तथा ॥ ३९ ॥  
 द्विकार्षिकाणि पत्रैलाहेमत्वद्वरिचानि च । विनीय चूर्णितं तस्माद्लिह्यान्मात्रां सदा नरः ॥ ४० ॥  
 अमृतप्राशमित्येतन्नराणाममृतं घृतम् । सुधामृतरसं प्राश्यं क्षीरमांसरसाशिना ॥ ४१ ॥  
 नष्टशुक्क्षतक्षीणदुर्बलव्याधिकशितान् । खीप्रसकान् कुशान् वर्णस्वरहीनांश्च वृहयेत् ॥ ४२ ॥  
 कासहिकाज्वरश्वासदाहतृष्णास्त्रपित्तनुत् । पुत्रदं वमिमूर्छ्छाह्योनिमूत्रामयापहम् ॥ ४३ ॥

इत्यमृतप्राशाघृतम् ।

Jivaka, ṛśbhaka, jivantī, śuṇṭhi, śaṭī, four leaved herbs ( śalaparṇī, pṛśniparṇī, māṣaparṇī and mudgaparṇī ) medā, mahāmedā, kākoli, kṣirakākoli, kaṇṭakārī, bṛhatī, two types of punarnavā, madhuka, kapikacchū, śatāvarī, ḥddhi, paruṣaka, bhargī, bigger type of mṛḍwikā, śringāṭaka, tāmalakī, payasyā, pappalī, balā, fruits like badara, akṣoṭa, kharjūra, vātāma, abhiṣuka etc. each 10 gm. should be made as paste; juice of āmalaki, vidārī and sugarcane, soup of goat meat and milk each 640 ml. and ghee 640 gm.—

all should be cooked together. When it is self-cooled honey 320 gm., sugar 2 kg., powder of patra, nāgakeśara, twak and marica each 20 gm. should be added. One should take proper dose of this formulation which is known as amṛtarpāśa ghṛta and is like ambrosia for the men. This nectar-like preparation should be used keeping on milk or meat-soup diet.

This ghṛta promotes the body of those who have loss of semen, chest-wound, are wasted, weak, debilitated by disease, indulged in women, emaciated and devoid of lustre and voice. It alleviates cough, hiccup, fever, dyspnoea, burning sensation, thirst, internal haemorrhage, vomiting, fainting, diseases of heart, female genital track and urine and blesses with son. [ 35-43 ]

( Thus Amṛtaprāśa ghṛta ).

श्वदंप्रोशीरमञ्जिष्ठावलाकाश्मर्यकन्तृणम् । दर्भमूलं पृथक्पाणीं पलाशार्घ्यमकौ स्थिराम् ॥ ४४ ॥  
पलिकं साधयेत्तेपां रसे क्षीरचतुर्गुणे । कल्कः स्वगुप्ताजीवन्तीमेदर्घभक्जीवकैः ॥ ४५ ॥  
शतावयृद्धिमृद्धीकाशर्कराश्रावणीविसैः । प्रस्थः सिद्धे धृताद्वातपित्तहृद्रवशूलनुत् ॥ ४६ ॥  
मूत्रफृच्छप्रमेहार्शःकासशोषक्षयापहः । धनुःखीमद्यभाराध्वखिन्नानां बलमांसदः ॥ ४७ ॥  
इति श्वदंप्रादिघृतम् ।

Gokṣura, uśira, mañjiṣṭhā, balā, kāśmarya, katṛṇa, darbha ( root ), pṛśniparpi, palāśa, rśabhaka, śālaparṇī—each 40gm. should be boiled in water and made into decoction. With this adding four times milk and paste of kapikacchū, jīvantī, medā rśabhaka, jivaka, śatāvarī, ṛddhi, mṛdwikā, sugar, śrāvani and lotus rhizome ghee 640 gm. should be cooked. This ghṛta alleviates vāta-pitta, palpitation and pain in heart, dysuria, prameha, piles, cough, phthisis, wasting and promotes strength and musculature in those exhausted by physical exertion, women, wine, load-carrying and travelling. [ 44-47 ]

( Thus Śwadāṁśtrādi ghṛta ).

मधुकाष्टपलद्राक्षाप्रस्थकाये धृतं पचेत् । पिप्पल्यष्टपले कल्के प्रस्थं सिद्धे च शीतले ॥ ४८ ॥  
पृथगष्टपलं क्षीद्रशर्कराम्यां विमिश्रयेत् । समसक्तु क्षतक्षीणे रक्तगुल्मे च तद्वितम् ॥ ४९ ॥

Ghee 640 gm. should be cooked with the decoction of madhuka 320 gm., drākṣā 640 gm. and paste of pippali 320 gm. when is self-cooled, honey and sugar each 320 gm. should be added with the equal quantity of parched grain flour. This ghee is beneficial for the wounded, wasted and in raktagulma. [ 48-49 ]

धात्रीफलविदारीक्षुजीवनीयरसैर्धृतम् । अजागोपयसोश्वैव सत प्रस्थानं पचेऽन्तिष्ठकं ॥ ५० ॥  
सिद्धशीते सिताक्षौद्रद्विप्रस्थं विनयेत्त तत् । यक्षमापस्मारपित्तासूक्षासमेहक्षयापहम् ॥ ५१ ॥  
यथःस्थापनमायुष्यं मांसशुकवलप्रदम् । धृतं तु पित्तेऽभ्यधिके लिह्यादातेऽधिके पिवेत् ॥ ५२ ॥  
लीढं निर्वापयेत् पित्तमव्यप्त्वाद्वन्ति नानलम् । आकामत्यनिलं पीतमूष्माणं निरुणद्धि च ॥ ५३ ॥

क्षामक्षीणकुशाङ्गानामेतान्येव घृतानि तु । त्वक्क्षोरीशर्करालाजचूर्णः स्त्यानानि योजयेत् ॥ ५४ ॥  
सर्पिंगुडान् समध्वंशाङ्गाध्वा चानु पयः पिवेत् । रेतो वीर्यं बलं पुष्टिं तैराशुतरमाप्नुयात् ॥ ५५ ॥  
इति सर्पिंगुडाः ।

Juice of āmalakī fruits, vidārī, sugarcane and jivaniya drugs, milk of goat and cow each 640 ml. and cow ghee 640 gm.—all should be cooked together. When it is self-cooled, 1.28 kg. of sugar and honey should be added. This ghṛta alleviates phthisis, epilepsy, internal haemorrhage, prameha and wasting, maintains age, promotes life, musculature, semen and strength.

In predominance of pitta, ghee should be licked while in that of vāta it should be drunk. When licked, it pacifies pitta but due to little dose does not disturb digestion. When taken as drink it overcomes vāta and also checks heat.

These very ghṛtas should be administered to those scorched, wasted and emaciated after making them viscous by adding powders of twakkṣīri, sugar and parched paddy in the forms of bolus. After taking these boluses of ghee mixed with honey one should drink milk by which he achieves semen, potency, strength, and corpulence in a short time. [ 50–55 ]

( Thus sarpirguḍas ).

बला विदारी हस्त्वा च पञ्चमली पुनर्नवा । पञ्चानां क्षीरिवृक्षाणां शुक्रा मुष्ठयंशका अयि ॥ ५६ ॥  
एषां कपाये द्विक्षीरे विदार्याजरसांशिके । जीवनीयैः पचेत् कल्कैरक्षमान्नैर्घृताढकम् ॥ ५७ ॥  
सितापलानि पूते च शीते द्वार्चिशतं क्षिपेत् । गोधूमपिप्पलीवांशीचूर्णं शृङ्गाटकस्य च ॥ ५८ ॥  
समाक्षिकं कौडविकं तद् सर्वं खजमूर्च्छितम् । स्त्यानं सर्पिंगुडान् कृत्वा भूर्जपत्रेण वेष्येत् ॥ ५९ ॥  
ताङ्गाध्वा पलिकान् क्षीरं मध्यं वाऽनुपिवेत् कफे । शोषे कासे क्षते क्षीणे थ्रमखीभारकर्शिते ॥ ६० ॥  
रक्तनिष्ठीवने तापे पीनसे चोरसि स्थिते । शस्ताः पाश्वंशिरःशङ्खे भेदे च स्वरवर्णयोः ॥ ६१ ॥  
इति द्वितीयसर्पिंगुडाः ।

Balā, vidārī, laghu pañcamūla, leaf-buds of five milky trees—each 40 gm. should be boiled and made into decoction. With this decoction, milk in double quantity and some quantity of juice of vidārī and soup of goat's meat and ghee 2.56 kg. should be cooked along with the paste of jivaniya drugs each 10 gm. When self-cooled, sugar 1.28 kg. and powders of wheat, pippali, vaṁśalocana and śringāṭaka along with honey each 160 gm. should be added. This entire viscous combination should be mixed well with a stick and them made into boluses ( sarpirguḍas ) which should be wrapped with bhūrja patra. These should be taken in the dose of 40 gm. followed by milk or wine in case of kapha. These boluses are beneficial in phthisis, cough, chest lesions, wasting, exhaustion by physical exertion, women or load-carry-

ing, haemoptysis, heat with fluid in chest, pain in sides and head, hoarseness of voice and derangement of complexion. [ 56-61 ]

( Thus the second sarpirguḍa ).

त्वक्क्षीरीश्रावणीद्राक्षामूर्वप्रभकजीवकैः । वीरद्दिक्षीरकाकोलीवृहतीकपिकच्छुभिः ॥ ६२ ॥  
खर्जुरफलमेदाभिः क्षीरपिण्डैः पलोन्मितैः । धात्रीविदारीशुरसप्रस्थैः प्रस्थं घृतात् पचेत् ॥ ६३ ॥  
शर्करार्धंतुलां शीते क्षौद्राध्रप्रस्थमेव च । दत्त्वा सर्पिंगुडान् कुर्यात्कासद्विकाञ्चरापदान् ॥ ६४ ॥  
यक्षमाणं तमकं श्वासं रक्तपित्तं हलीमकम् । शुकनिद्राक्षयं तृष्णां हन्तुः काश्यं सकामलम् ॥ ६५ ॥

इति तृतीयाः सर्पिंगुडाः ।

Twaksīri, śrāvaii, drākṣā, mūrvā, ṛśabhaka, jivaka, vīrā, ṛddhi, kṣirakākoli, bṛhatī, kapikacchū, kharjūra ( fruits ) and medā each 40 gm. powdered with milk, juice of āmalaki, vidāri and sugarcane each 640 ml. and ghee 640 gm. should be cooked. When self-cooled sugar 2 kg. and honey 320 gm. should be added and the formulation made into boluses. This alleviates cough, hiccup, fever, phthisis, bronchial asthma, internal haemorrhage, halimaka, loss of semen and sleep, thirst, emaciation and jaundice [ 62-65 ]

( Thus the third sarpirguḍa ).

नवमामलकं द्राक्षामात्मगुतां पुर्नवाम् । शतावरीं विदारीं च समझां पिप्पलीं तथा ॥ ६६ ॥  
पृथग्दशपलान् भागान् पलान्यष्टौ च नागरात् । यष्ट्याहसौवर्चलयोद्दिपलं मरिचस्य च ॥ ६७ ॥  
क्षीरतैलघृतानां च त्र्याढके शर्कराशते । कथिते तानि चूर्णानि दत्त्वा विल्वसमान् गुडान् ॥ ६८ ॥  
कुर्यात्तान् भक्षयेत् क्षीणः क्षतः शुष्कश्च मानवः । तेन सद्यो रसादीनां वृद्धया पुष्टिं स विनदति ॥ ६९ ॥

इति चतुर्थसर्पिंगुडाः ।

Fresh āmalaki fruits, drākṣā, kapikacchū, punarnavā, śatāvari, vidāri, lajjālu and pippali each 400 gm., śuṇṭhi 20 gm., madhuyaṣṭi and sauvarcalā each 40 gm., marica 80 gm., these should be powdered. Milk, tila oil each 2.56 litres, ghee 2.56 kg. and sugar 4 kg. should be boiled and then added with the above powder. This is made into boluses of 40 gm. each. These should be taken by wasted, wounded and scorched person, thus he attains corpulence shortly by increase of rasa etc. [ 66-69 ]

( Thus the fourth sarpirguḍa ).

गोक्षीरार्धाढकं सर्पिः प्रस्थमिश्वरसादकम् । विदार्याः स्वरसात्प्रस्थं रसात्प्रस्थं च तैत्तिरात् ॥ ७० ॥  
दद्यात् सिध्यति तस्मिंस्तु पिष्टानिश्वुरसैरिमान् । मधूकपुष्पकुडवं प्रियालकुडवं तथा ॥ ७१ ॥  
कुडवार्धं तु गाक्षीर्याः खर्जुराणां च विंशतिम् । पृथग्विभीतकानां च पिप्पल्याश्च चतुर्थिकाम् ॥ ७२ ॥  
त्रिशत्पलानि खण्डाच्च मधुकात् कर्षमेव च । तथाऽर्धपलिकान्यत्र जीवनीयानि दापयेत् ॥ ७३ ॥  
सिद्धेऽस्मिन् कुडवं क्षौद्रं शीते क्षिप्त्वाऽथ मोदकान् । कारयेन्मरिचाजाजीपलचूर्णावचूर्णितान् ॥ ७४ ॥  
बातासुकिपत्तरोगेषु क्षतकासक्षयेषु च । शुष्यतां क्षीणशुक्राणां रक्ते चोरसि संस्थिते ॥ ७५ ॥

कृशदुर्बलवृद्धानां पुष्टिवर्णवल्लार्थिनाम् । योनिदोषकृतस्तावहतानां चापि योगिताम् ॥ ७६ ॥  
गर्भार्थिनीनां गर्भश्च स्त्रवेद्यासां नियेत वा । धन्या वल्या हितास्ताम्यः शुक्रशोणितवर्वनाः ॥ ७७ ॥  
इति पञ्चमसर्पिंदकाः ।

Cow milk 1.28 litres, ghee 640 gm., sugarcane juice 2.56 litres, juice of vidāri 640 ml. meatsoup of partridge 640 ml. should be cooked together. Meanwhile madhūka flowers 160 gm., priyāla 160 gm., vamśalocana 800 gm., kharjūra 800 gm., bibhitaka 800 gm., pippali 40 gm., sugar 1.2 kg., madhuka 10 gm., drugs of jivanīya group each, 20 gm. should be pounded with sugarcane juice and the paste added to the above during cooking. When prepared and self-cooled, honey 6-10 gm. should be added to it and boluses should be prepared mixing 40 gm. powder of marica and jīraka.

This is efficacious in disorders of vāta, rakta pitta, chest lesions, cough and wasting and is beneficial for those affected with phthisis, deficiency of semen, congestion of blood in chest and who are emaciated, debilitated, old, desiring corpulence, lustre and strength, women afflicted with discharges due to genital disorders, desirous of progeny, and those suffering from abortion and foetal death. This promotes strength, semen and blood. [ 70-77 ] .

Thus the fifth sarpirmodaka ).

बस्तिदेशे विकुर्वाणे स्त्रीप्रसक्तस्य मारुते । वातप्रान् वृद्धणान् वृद्ध्यान् योगांस्तम्य प्रयोजयेत् ॥ ७८ ॥  
शर्कराराण्पलीचूर्णः सर्पिषा माक्षिकेण च । संयुक्तं वा शृतं क्षीरं पिवेत् कासज्वराप्रहम् ॥ ७९ ॥  
फलाम्लं सर्पिषा भृष्टं विदारीशुरसे शृतम् । स्त्रीपु शीणः पिवेद्यूपं जीवनं वृद्धणं परम् ॥ ८० ॥  
सकूनां वखपूतानां मन्थं क्षौद्रद्यूतान्वितम् । यवान्नसात्म्यो दीपाग्निः क्षतशीणः पिवेन्नरः ॥ ८१ ॥  
जीवनीयोपसिद्धं वा जाङ्गलं घृतभर्जितम् । रसं प्रयोजयेत् क्षीणे व्यञ्जनार्थं सर्शकरम् ॥ ८२ ॥  
गोमहिद्यश्वनागाजैः क्षीरैर्मांसरसैस्तथा । यवान्न भोजयेद्यूपः फलाम्लैर्घृतसंस्कृतैः ॥ ८३ ॥  
दीपेऽग्नौ विधिरेपः स्यान्मन्दे दीपनपाचनः । यक्षिणां विहितो ग्राही भिन्ने शकृति चेष्यते ॥ ८४ ॥

In case vāyu produces disorders in the pelvic region in the one indulged in women the physician should prescribe vāta-alleviating, bulk-promoting and semen-promoting formulations. In case of cough and fever one should take milk added or boiled with sugar, powder of pippali, ghee and honey.

One wasted in women should take the soup prepared by frying sour-fruit in ghee and cooked with vidāri and sugarcane juice. This is an excellent vitaliser bulk-promoting.

The patient suffering from chest wound and wasting but with good digestion should take saturating drink perpared of parched grain flour sifted through cloth added with honey and ghee keeping on barley diet.

In the wasted patient in order to improve relish one should give meat-soup of wild animals fried with ghee and cooked with vitaliser drugs and added with sugar.

He may also be given to take barley diet with milk and meat-soup of cow, buffalow, horse, elephant and goat and soups of sour fruits processed with ghee. This management is applicable only when the digestion is quite stimulated.

In case digestion is poor, appetisers and digestives should be prescribed as for the patients of phthisis. If there be diarrhoea, astringents should be administered. [ 78-84 ]

पलिं सैन्धवं शुण्ठी द्रे च सौवर्चलात् पले । कुडवांशानि वृक्षाम्लं दाडिमं पत्रमज्जकात् ॥ ८५ ॥

एकैकं मरिचाजाज्योर्धान्यकाद्द्रे चतुर्थिके । शर्करायाः पलान्यत्र दश द्रे च प्रदापयेत् ॥ ८६ ॥

कृत्वा चूर्णमतो मात्रामन्नपाने प्रयोजयेत् । रोचनं दीपनं बल्यं पार्श्वार्तिश्वासकासनुत् ॥ ८७ ॥

इति सैन्धवादिचूर्णम् ।

Rock salt 40 gm., dry ginger 40 gm., sauvarcalā 80 gm., vṛkṣāmla, dāḍima and arjaka leaves 160 gm., marica 40 gm., jiraka 40 gm., dhānyaka 80 gm., sugar 480 gm.,—all should be powdered together. This powder should be used with food and drink. It is relish-improving, appetiser, strength-promoting and alleviator of pain in sides, asthma and cough. [ 85-87 ]

( Thus saindhavādi cūrṇa ).

एका षोडशिका धान्याद्द्रे द्रेऽजाज्यजमोदयोः । ताभ्यां दाडिमवृक्षाम्लं द्विद्विः सौवर्चलात्पलम् ॥ ८८ ॥

शुण्ठ्याः कर्ष दधित्थस्य मध्यात् पञ्च पलानि च । तच्चूर्णं षोडशपले शर्कराया विमिश्रयेत् ॥ ८९ ॥

षाडवोऽयं प्रदेयः स्यादन्नपानेषु पूर्ववत् । मन्दानले शकुन्द्रेदे यक्षिमणामश्चिवर्धनः ॥ ९० ॥

इति षाडवः ।

Dhānyaka 40 gms., jiraka and ajamodā each 80 gms., dāḍima and vṛkṣāmla each 160 gms., sauvarcalā 40 gms., dry ginger 10 gms., pulp of kapiththa fruit 20 gm.,—all powdered together are mixed with sugar 640 gm. so as to make a śāḍava (a dietary preparation). This should be used with food and drinks as said above in condition of appetite and diarrhoea of the patients of phthisis. This increases digestive fire. [ 88-90 ]

( Thus śāḍava ).

पिवेन्नागबलामूलमर्घविवर्धितम् । पलं क्षीरयुतं मासं क्षीरवृत्तिरनन्नभुक् ॥ ९१ ॥

एष प्रयोगः पुष्टयाशुर्वलारोग्यकरः परः । मण्डूकपर्ण्याः कल्पोऽयं शुण्ठीमधुकयोस्तथा ॥ ९२ ॥

The root of nāgabalā with the initial dose of 5 gm. increasing by 5 gms. daily upto 40 gms. should be taken with milk for a month keeping on non-cereal milk diet. This application is an excellent promoter of corpulence, life-span, strength and health.

In the same way, maṇḍūkaparṇī, śunṭhī and madhuka may also be used. [ 91-92 ]

यद्यत् संतर्पणं शीतमविदाहि हितं लघु । अन्नपानं निषेव्यं तत्क्षतक्षीणैः सुखार्थिभिः ॥ ९३ ॥  
यच्छोकतं यक्षिमणां पथ्यं कासिनां रक्तपित्तिनाम् । तच्च कुर्यादवेक्ष्याग्निं व्याधिं सात्म्यं बलं तथा ॥ ९४ ॥

The patients of chest-wound and wasting desirous of happiness should use the food and drink which is saturating, cold, non-burning, light and wholesome. Whatever is said as wholesome for the patients of phthisis, cough and internal haemorrhage should be prescribed for the patients of chest-wound and wasting keeping in view the digestion, disorder, suitability and strength. [ 93-94 ]

उपेक्षिते भवेत्स्मिन्नुबन्धो हि यक्षमणः । प्रागेवागमनात्तस्य तस्मात् त्वरया जयेत् ॥ ९५ ॥

If the disease is neglected phthisis gets associated with the same. Hence prior to this the disease should be controlled. [ 95 ]

तत्र श्लोकौ—

क्षतक्षयसमुत्थानं सामान्यपृथगाकृतिम् । असाध्ययाप्यसाध्यत्वं साध्यानां सिद्धिमेव च ॥ ९६ ॥  
उक्तवाऽन्येष्टशिष्याय क्षतक्षीणचिकित्सिते । तत्वार्थविद्वीतरजस्तमोदोषः पुनर्वंसुः ॥ ९७ ॥

Now the summing up verses—

Etiology of chest wound and wasting, general and specific symptoms, prognosis and treatment of the curable one—all this has been said by Punarvasu, the knower of purport, devoid of rajas and tamas to his seniormost disciple in the chapter on the treatment of chest wound and wasting. [ 96-97 ]

इत्यग्निवेशाकृते तन्त्रेऽप्राप्ते दृढवलपूरिते चिकित्सितस्थाने क्षतक्षीणचिकित्सितं  
नामैकादशोऽध्यायः ॥ ११ ॥

Thus ends the eleventh chapter on the treatment of chest wound and wasting in Cikitsitasthāna in the treatise composed by Agniveśa, and reconstructed by Dṛḍhabala as it was not available. ( 11 )

## द्वादशोऽध्यायः

### CHAPTER XII

अथातः श्वयथुचिकित्सितं व्याख्यास्यामः ॥ १ ॥

Now ( I ) shall expound the chapter on treatment of oedema. [ 1 ]

इति ह स्माह भगवानात्रेय ॥ २ ॥

As propounded by Lord Ātreya. [ 2 ]

भिषगवरिष्टं सुरसिद्धजुषं मुनीन्द्रमत्यात्मजमग्निवेशः ।  
महागदस्य श्वयथोर्यथावत् प्रकोपरूपप्रशमानपृच्छत् ॥ ३ ॥

Agniveśa submitted to the son of Atri, the best among physicians, accompanied by gods and accomplished persons and the lord of sages about the etiology, symptoms and treatment of oedema, the great disease. [ 3 ].

तस्मै जगादागदवेदसिन्धुप्रवर्तनादिप्रवरोऽत्रिजस्तान् ।  
वातादिभेदात्रिविधस्य सम्यङ्गिजानिजैकाङ्गजसर्वजस्य ॥ ४ ॥

The born of Atri like the sacred mountain as the originating source of the science of alleviation of disorders answered to him the above questions about the disease of two types—innate and non-innate, localised and generalised and of three types according to vāta etc. [ 4 ]

शुद्धामयाभक्तकृशावलानां क्षाराम्लतीक्षणोष्णगुरुपसेवा ।  
दध्याममृच्छाकविरोधिदुष्टगरोपसृष्टात्रनिवेषणं च ॥ ५ ॥  
अर्द्धास्यचेष्टा न च देहशुद्धिर्मोपयातो विषमा प्रसूतिः ।  
मिथ्योपचारः प्रतिकर्मणां च निजस्य हेतुः श्वयथोः प्रदिष्टः ॥ ६ ॥

Regular intake of alkaline, sour, irritant, hot and heavy substances by those emaciated and debilitated due to evacuation, diseases and undernutrition, excessive use of curd, uncooked food, earth, potherbs, antagonistic, defective and poisoned food, piles, lack of movements, want of evacuation, injury to vital parts, difficult labour, faulty management of evacutive measures—these are the causes of innate swelling. [ 5-6 ]

बाह्यस्त्वचो दूषयिताऽभिघातः काष्ठाश्मशाखाग्निविषायसाद्यैः ।  
आगन्तुहेतुः

त्रिविधो निजश्च सर्वार्द्धगात्रावयवाश्रितत्वात् ॥ ७ ॥

Injury with wooden piece, stone, sharp instruments, fire, poisons, iron-made articles etc. affecting the overskin is the cause of exogenous swelling.

Both innate and exogenous swelling are the three types according to their location in ( 1 ) whole body, ( 2 ) half portion of the body, ( 3 ) an organ. [ 7 ]

बाह्याः सिराः प्राप्य यदा कफासूक्पित्तानि संदूषयतीह वायुः ।  
तैर्बद्धमार्गः स तदा विसर्पन्तुत्सेधलिङ्गं श्वयथुं करोति ॥ ८ ॥

When vāyu reaching the external channels affects kapha, rakta and pitta and becomes obstructed by them in the way, then while spreading it causes swelling with the character of protuberance. [ 8 ]

उरःस्थितैरुर्ध्वमधस्तु वायोः स्थानस्थितैर्मध्यगततैस्तु मध्ये ।  
सर्वाङ्गः सर्वगतैः क्वचित्स्थैर्दीप्तैः क्वचित् स्याक्षुयथुस्तदाख्यः ॥ ९ ॥

Doṣas seated in chest cause swelling in upper parts, when in vāyu's own place ( pakwāṣaya ), they cause swelling in lower parts, when in the middle they cause the same in mid parts, when generalised they cause swelling all over the body and when located in some organ they cause localised swelling there itself known by the respective organs. [ 9 ]

ऊष्मा तथा स्याहवथुः सिराणामायाम इत्येव च पूर्वरूपम् ।  
सर्वस्थिरोऽधिकदोषलिङ्गैस्तच्छब्दमभ्येति भिषग्जितं च ॥ १० ॥

Heat, distress, dilatation of blood vessels these are the premonitory symptoms.

All swellings are caused by three doṣas but in practice they are labelled by the respective doṣa according to predominance of its symptoms. They are managed also accordingly. [ 10 ]

सगौरर्वं स्यादनवस्थितत्वं सोत्सेधमूष्माऽथ सिरातनुत्वम् ।  
सलोमहर्षोऽङ्गविवर्णता च सामान्यलिङ्गं श्वयथोः प्रदिष्टम् ॥ ११ ॥

Heaviness, instability, protuberance, heat, thin veins, horripilation, change in colour of the body part—these are general symptoms of swelling. [ 11 ]

चलस्तनुत्वकपरुषोऽरुणोऽसितः प्रसुप्तिहर्षार्तियुतोऽनिमित्ततः ।  
प्रशास्यति प्रोत्त्रमति प्रपीडितो दिवाबली च श्वयथुः समीरणात् ॥ १२ ॥

The swelling caused by vāta is unstable, thin-skinned, reddish or black; associated with numbness, horripilation or pain, subsides without any reason, is restored after pressure and is aggravated during day. [ 12 ]

मृदुः सगन्धोऽसितपीतरं गवान् ध्रमज्वरस्वेदतृष्णमदान्वितः ।  
य उद्यते ऽस्पर्शसहोऽक्षिरागकृत् स पित्तशोथो भृशादाहपाकवान् ॥ १३ ॥

The swelling caused by pitta is soft, odorous, black, yellow or red, associated with giddiness, fever, sweating, thirst and narcosis; has burning sensation, tenderness, redness of eyes, inflammation and suppuration. [ 13 ]

गुरुः स्थिरः पाण्डुररोचकानिवतः प्रसेकनिद्राविमिवहिमान्यकृत् ।  
स कुच्छजन्मग्रशमो निपीडितो न चोत्त्रमेद्रात्रिवली कफात्मकः ॥ १४ ॥

The swelling caused by kapha is heavy, stable, pale, associated with anorexia, produces salivation, oversleep, vomiting and poor digestion, is difficult in origin and end, is not restored after pressure and is aggravated during night. [ 14 ]

कृशस्य रोगैरबलस्य यो भवेदुपद्रवैर्वा वमिपूर्वकैर्युतः ।  
स हन्ति मर्मानुगतोऽथ राजिमान् परिस्फ्रवेद्वीनबलस्य सर्वगः ॥ १५ ॥

The swelling inflicting the one thinned and debilitated by diseases, or attended by complications like vomiting etc., located in vital parts, having streaks generalised with discharge in weak person is fatal. [ 15 ]

अहीनमांसस्य य पकदोषजो नवो बलस्थस्य सुखः स साधने ।  
निदानदोषर्तुविपर्ययक्रमैरुपाचरेत्तं बलदोषकालवित् ॥ १६ ॥

The swelling is easily curable if it is in the person with no emaciation, is caused by one dosha, new and in strong person.

One knowing strength, pathology and time should treat it with the measures contrary in respect of etiology, doshas and season [ 16 ]

अथामजं लङ्घनपाचनक्रमैर्विशोधनैरुल्बणदोषमादितः ।  
शिरोगतं शीर्षविरेचनैरुद्यो विरेचनैरुर्धव्हैस्त्यथोर्ध्वजम् ॥ १७ ॥  
उपाचरेत् ज्ञेहभवं विरुक्षणैः प्रकल्पयेत् स्नेहविर्धि च रुक्षजे ।  
विबद्धविट्केऽनिलजे निरुहणं धृतं तु पित्तानिलजे सतिक्ककम् ॥ १८ ॥  
पयश्च मूच्छारतिदाहतर्षिते विशोधनीये तु समूत्रमित्यते ।  
कफोत्थितं क्षारकटूषणसंयुतैः समूत्रतकासवयुक्तिभिर्जयेत् ॥ १९ ॥

One should treat the swelling caused by ama with lightening and digestive measures and that having aggravated doshas with evacuative measures. To start with swelling located in head should be treated with head evacuatives, that in lower parts with purgatives and that in upper parts with emetics. Swelling caused by unction should be treated with roughening and likewise that caused by roughening should be treated with uncting measures. In swelling caused by vata and attended by constipation, non-unctuous enema is prescribed while in that caused by pitta and vata ghee prepared with bitters is administered. In case there is association of fainting, restlessness, burning sensation and thirst milk is given. If evacuation is needed, cow's urine is added to the milk. The swelling caused by kapha should be treated with asavas added with alkaline, pungent and hot drugs, cow's urine and butter milk. [ 17-19 ]

ग्राम्याब्जानूपं पिशितमबलं शुष्कशाकं नवान्नं गौडं पिष्ठान्नं दधि तिलकृतं विज्जलं मद्यमम्लम् ।  
धाना बलदूरं समशनमथो गुर्वसात्म्यं विदाहि स्वप्नं चारात्रौ श्वयथुगदवान् वर्जयेन्मैथुनं च ॥ २० ॥

Meat of domestic, aquatic and marshy animals which are weak, dried vegetables, new cereals, jaggery preparations, flour preparation, curd, sesamum preparations, slimy substances, wines, sour substances, parched barley etc., dried meat, diet consisting of wholesome and unwholesome items mixed together; heavy, unsuitable and burning diet, day sleep and sexual intercourse—all these should be avoided by the patient of swelling. [ 20 ]

द्योपं त्रिवृत्तिकरोहिणी च सायोरजस्का त्रिफलारसेन ।  
पीतं कफोत्थं शमयेत् शोफं गव्येन मूत्रेण द्वरीतकी च ॥ २१ ॥

Trikaṭu, trivṛt, tiktakarohiṇī, iron powder ( bhasma ) all taken together with the decoction of triphalā pacify the swelling caused by kapha. Similar is the effect of haritaki taken with cow's urine. [ 21 ]

हरीतकीनागरदेवदारु सुखाम्बुयुक्तं सपुर्नवं वा ।  
सर्वं पिवेत्रिष्वपि मूत्रयुक्तं ज्ञातश्च जीर्णं पयसाऽन्नमद्यात् ॥ २२ ॥

One may also take haritaki, śunṭhi and devadāru with tepid water or decoction of Punarnavā. This combination along with cow urine may be taken in all the three types of swelling. After the drug is digested, the patient should take bath and then take food with milk ( salt-free diet. ) [ 22 ]

पुनर्नवानागरमुस्तकल्कान् प्रस्थेन धीरः पयेसाऽक्षमात्रान् ।  
मयूरकं मागधिकां समूलां सनागरां वा प्रपिवेत् सवाते ॥ २३ ॥  
दन्तीत्रिवृत्त्यूषणचित्रकैर्वा पयः शृतं दोषहरं पिवेत्ता ।  
द्विप्रस्थमात्रं तु पलार्धिकैस्तैरधार्धावर्णिष्टं पवने सपित्ते ॥ २४ ॥  
सशुणिठपीतद्रुरसं प्रयोजयं श्यामोरुदूकोषणसाधितं वा ।  
त्वग्दारुवर्षाभुमहौषधैर्वा गुड्चिकानागरदन्तिभिर्वा ॥ २५ ॥  
सप्ताहमौष्ट्रं त्वथवाऽपि मासं पयः पिवेत्तोजनवारिवर्जी ।  
गवयं समूत्रं महिषीपयो वा क्षीराशानो मूत्रमयो गवां वा ॥ २६ ॥  
तकं पिवेद्वा गुरुभिन्नवर्चाः सव्योषसौवर्चलमाक्षिकं च ।  
गुडाभयां वा गुडनागरं वा सदोषभिन्नामविवद्वर्चाः ॥ २७ ॥  
विडवात्सङ्गे पयसा रसैर्वा प्राग्भक्तमद्यादुरुदूकतैलम् ।  
स्नोतोविबन्धेऽग्निरुचिप्रणाशे मद्यान्त्यरिष्टांश्च पिवेत् सुजातान् ॥ २८ ॥

In swelling caused by vāta, one should take patiently the paste of punarnavā, śunṭhi and musta in the dose of 10 gm. along with 640 ml. milk or he should take ( in the same way ) apāmārga, pippali, pippalimūla and śunṭhi.

In vāta combined with pitta, one should take milk boiled with dāntī, trivṛt, trikaṭu and citraka which is alleviator of doṣas. In this formulation, milk is taken in the quantity of 1.28 litres and the drugs 20 gm. each boiled till the milk remains half.

One may also take milk mixed with the decoction of śunṭhi and dāruharidrā; or that boiled with śyāmā, erāṇḍa and marica; or twak, devadāru, varṣabhū and śunṭhi; or guḍuci, śunṭhi and dantī.

Or one may keep on the diet of camel's milk for a week or a month abstaining from other food and water. Similarly, one may take cow's or buffalow's milk mixed with urine or simply cow's urine keeping on milk diet.

In case there is heavy and diarrhoeic stool, one should take buttermilk mixed with trikaṭu, sauvarcala and honey. If one passes stool as abnormal, diarrhoeic, unripe or with constipation, he should take jaggery with harītakī or śunṭhi.

In case of obstruction in stool and flatus, one should take castor oil with milk or meat-soup before meal. In case there are obstruction in channels, loss of appetite and relish, one should drink well-prepared wines and ariṣṭas. [ 23-28 ]

गण्डीरभल्लातकचित्रकांश्च व्योषं विडङ्गं वृहतीद्रयं च ।  
द्विप्रस्थिकं गोमयपावकेन द्रोणे पचेत् कूर्चिकमस्तुनस्तु ॥ २९ ॥  
 त्रिभागशेषं च सुपूतशीतं द्रोणेन तत् प्राकृतमस्तुना च ।  
 सितोपलायाश्च शतेन युक्तं लिते घटे चित्रकपिप्पलीनाम् ॥ ३० ॥  
 वैद्यायसे स्थापितमादशाहात् प्रयोजयस्तद्विनिवन्ति शोफान् ।  
 भगन्दरार्शः किमिकुष्टमेहान् वैवर्ण्यकाशर्यनिलहिकनं च ॥ ३१ ॥

इति गण्डीराद्यरिष्टः ।

Gaṇḍīra, bhallātaka, citraka, trikaṭu, viḍaṅga, both types of bṛhatī (bṛhatī and kantakārī)—all together 1.28 kg. should be cooked with whey in cowdung fire. When it remains one-third, it should be filtered well and cooled. Again it is cooked in the same manner with curd water 10.24 litres. Then it is added with sugarcandy 4 kg. and kept in an earthen jar pasted inside with citraka and pippalī for ten days in open space. When used it alleviates swellings, fistula, piles, worms, kuṣṭha, prameha, abnormality of complexion, emaciation, vātika disorders and hiccup. [ 29-31 ]

( Thus gaṇḍirādyariṣṭa ).

काशर्यधात्रीमरिचाभयाक्षद्राक्षाफलानां च सपिप्पलीनाम् ।  
 शतं शतं जीर्णगुडात्तुलां च संक्षुद्य कुम्भे मधुना प्रलिते ॥ ३२ ॥  
 सप्ताहमुष्णे द्विगुणं तु शीते स्थितं जलद्रोणयुतं पिवेन्ना ।  
 शोफान् विवन्धान् कफवातजांश्च निहन्त्यरिष्टोऽप्यशतोऽशिक्ख ॥ ३३ ॥

इत्यष्टशतोऽरिष्टः ।

Fruits of Kāśmarya, āmalakī, marica, harītakī, bibhitaka, drākṣā, and pippali each 4 kg.—all powdered together should be kept in a jar smeared inside with honey with water 20.28 litres for a week in summer and two weeks in winter. This ariṣṭa named Aṣṭāṣata ( eight ingredients each in 100 palas ( 4 kg. quantity ) alleviates swellings, constipation, kapha-vātaja disorders and promotes digestive fire. [ 32-33 ]

( Thus Aṣṭāṣata ariṣṭa ).

पुनर्नवे द्वे च बले सपाठे दन्तीं गुडूचीमथ चित्रकं च ।  
 निदिग्धकां च त्रिपलानि पक्त्वा द्रोणावशेषे सलिले ततस्तम् ॥ ३४ ॥  
 पृत्वा रसं द्वे च गुडात् पुराणात्तुले मधुप्रस्थयुतं सुशीतम् ।  
 मासं निदध्याद्यूतभाजनस्थं पह्ले यवानां परतस्तु मासात् ॥ ३५ ॥

चूर्णकृतैर्धपलांशिकैस्तं पत्रत्वगेलामरिचाम्बुलोहैः ।  
 गन्धान्वितं क्षौद्रधृतप्रदिघ्ये जीर्णे पिवेद् व्याधिवलं समीक्ष्य ॥ ३६ ॥  
 हृष्टपाण्डुरोगं श्वयथुं प्रवृद्धं प्लीहज्वरारोचकमेहगुलमान् ।  
 भगन्दरं षड्जठराणि कासं श्वासं ग्रहणयामयकुष्ठकण्डः ॥ ३७ ॥  
 शाखानिलं बद्धपुरीषतां च हिकां किलासं च हलीमकं च ।  
 क्षिप्रं जयेद्वर्णबलायुरोजस्तेजोन्वितो मांसरसान्नभोजी ॥ ३८ ॥

इति पुनर्नवाद्यरिष्टः ।

Two types of punarnavā, two types of balā, two types of pāṭhā, danti, guḍūcī, citraka, kanṭakārī—each 120 gm. should be boiled in water 40.96 litres remaining to one-fourth. This decoction should be filtered well and when well-cooled old jaggery 8 kg. and honey 640 gm. should be added to it. This should be kept in a jar smeared inside with ghee and stored within the heap of barley grains for a month. Thereafter powder of patra, twak, elā, marica, hrībera and aguru 20 gm. each should be added to it and thus added with aromatic substances should again be kept in a vessel smeared with honey and ghee. After it is matured, it should be administered according to the severity of the disorder.

It alleviates heart disease, anaemia, severe swelling, splenomegaly, fever, anorexia, prameha, fistula, six types of udararoga, cough, bronchial asthma, grahanīroga, kuṣṭha and itching, vātika disorders in limbs, constipation, hiccup, leucoderma, halimaka and promotes complexion, strength, life span, immunity and energy if the patient keeps on the diet of meat soup and cereals. [ 34–38 ]

( Thus punanrvādyariṣṭa ).

फलत्रिकं दीप्यकचित्रकौ च सपिष्पलीलोहरजो विडङ्गम् ।  
 चूर्णकृतं कौडविकं द्विरंशं क्षौद्रं पुराणस्य तुलां गुडस्य ॥ ३९ ॥  
 मासं निदध्याद्धृतमाजनस्थं यवेषु तानेव निहन्ति रोगान् ।  
 ये चार्शसां पाण्डुविकारिणां च प्रोक्ता हिताः शोफिषु तेऽप्यरिष्टः ॥ ४० ॥

इति त्रिफलाद्यरिष्टः ।

Powder of Triphalā, yavāni, citraka, pippalī, lauhabhasma, viḍāṅga—each 160 gm., honey 320 gm., old jaggery 4 kg. All together should be kept in a vessel of ghee within the heap of barley grains for a month. It is indicated in the diseases mentioned above.

The arīṣṭas beneficial in piles and anaemia are beneficial for those suffering from swelling too. [ 39–40 ]

( Thus triphalādyariṣṭa ).

कृष्णा सपाठा गजपिष्पली च निदिग्धिका चित्रकनागरे च ।  
 सपिष्पलीमूलरजन्यजाजी मुस्तं च चूर्णं सुखतोयपीतम् ॥ ४१ ॥

हन्यात्रिदोषं चिरजं च शोफं कलकश्च भूनिम्बमहौपधस्य ।  
अयोरजस्त्यूषणयावशकचूर्णं च पीतं त्रिफलारसेन ॥ ४२ ॥

Pippali, pāṭhā, gajapippali, kaṇṭakārī, citraka, śunṭhi, pippalimūla, haridrā, jīraka, musta—this formulation in powder form taken with tepid water alleviates tridoṣa and chronic swelling.

The paste of bhūnimba and śunṭhi taken with tepid water works as above.

Lauhabhasma, trikaṭu and yavakṣāra—this powder taken with decoction of triphalā also works as above. [ 41-42 ]

क्षारद्वयं स्याल्वणानि चत्वार्योरजो व्योषफलत्रिके च ।  
सपिप्पलीमूलविडङ्गसारं मुस्ताजमोदामरदारुबिलवम् ॥ ४३ ॥  
कलिङ्गकाथ्यत्रकमूलपाठे यष्ट्याहयं सातिविषं पलांशम् ।  
सद्विहृकर्षं त्वण्णुष्कचूर्णं द्रोणं तथा मूलकशुष्टकानाम् ॥ ४४ ॥  
स्याद्द्वमनस्तत् सलिलेन साध्यमालोड्य यावद्धनमप्रदग्धम् ।  
स्त्यानं ततः कोलसमां तु मात्रां कृत्वा सुशुष्कां विधिनोपयुज्यथात् ॥ ४५ ॥  
ग्रीहोदरश्वत्रहलीमकार्शःपाण्ड्वामयारोचकशोषशोफान् ।  
विसूचिकागुल्मगराश्मरीश्च सश्वासकासाः प्रणुदेत् सकुष्ठाः ॥ ४६ ॥

इति क्षारगुडिका ।

Two alkalis ( yavakṣāra and sarjikṣāra ), four types of salt ( saindhava, sauvarcala, biḍa and audbhida ), lauhabhasma, trikaṭu, triphalā, pippalimūla, viḍaṅga, musta, ajamodā, dēvadāru, bilwa, indrayava, citraka ( roots ), pāṭhā, madhuyaṣṭi, ativiṣṭā—each 40 gm., hiṅgu 10 gm.—all powdered finely and dried, ash of dried radish 10.24 kg. all should be dissolved in water and cooked till it becomes solid and is uncharred. Of it pills weighing 5 gm. should be made and dried.

If used properly, it alleviates splenomegaly, leucoderma, halimaka, piles, anaemia, wasting, swelling, choleric disorder, gulma, poisoning, calculus, dyspnœa, cough, and kuṣṭha. [ 43-46 ]

( Thus Kṣāraguḍikā )

प्रयोजयेदार्दकनागर वा तुल्यं गुडेनावैपलाभिवृद्धया ।  
मात्रां परं पञ्चपलानि मासं जीर्णे पयो यूषरसाश्च भक्तम् ॥ ४७ ॥  
गुल्मोदरार्शःवयथुप्रमेहात् श्वासप्रतिश्यालसकाविपाकान् ।  
सकामलाशोषमनोविकारान् कासं कफं चैव जयेत् प्रयोगः ॥ ४८ ॥

Fresh ginger with equal quantity of jaggery ( total of the two 20 gm. ) should be taken on the first day. Then increasing the dose by 20 gm. per day to the maximum of 200 gm., it is taken for a month keeping on the diet of milk, vegetable-soup or meat soup and rice.

This formulation alleviates gulma, udara, piles, swelling, prameha, asthma, coryza, alasaka, indigestion, jaundice, wasting, mental disorders, cough and other kaphaja disorders. [ 47-48 ]

रसस्तथैवार्द्रकनागरस्य पेयोऽथ जीर्णं पयसाऽन्नमधात् ।  
जत्वश्मजं च त्रिफलारसेन हन्यात्रिदोषं श्वयथुं प्रसह्य ॥ ४९ ॥

इति शिलाजतुप्रयोगः ।

The juice of fresh ginger should be taken keeping on the diet of milk and solid edibles. | Similarly, śilājatu taken with decoction of triphalā overcomes swelling caused by three doṣas. [ 49 ]

( Thus the formulation of śilājatu ).

द्विपञ्चमूलस्य पचेत् कषाये कंसेऽभयानां च शतं गुडस्य ।  
लेहे सुसिद्धेऽथ विनीय चूर्णं व्योषं त्रिसौगन्ध्यमुखास्थिते च ॥ ५० ॥  
प्रस्थार्धमात्रं मधुनः सुशीते किञ्चिच्च चूर्णादपि यावशूकात् ।  
एकाभयां प्राश्य ततश्च लेहाच्छूकिं निहन्ति श्वयथुं प्रवृद्धम् ॥ ५१ ॥  
श्वासज्वरारोचकमेहगुल्मप्लीहत्रिदोषोदरपाण्डुरोगान् ।  
कार्ष्यामवातावस्त्रग्मलपित्तवैवर्ण्यमूत्रानिलशुकदोषान् ॥ ५२ ॥

इति कंसहरीतकी ।

In the decoction of daśamūla (ten roots) 2.56 litres, one hundred haritaki fruits and jaggery 4 kg. are mixed and cooked. When it is made into linctus and put in a vessel the powder of trikaṭu (total 160 gm.) and trisugandhi (total 80 gm.) is added to it. Thereafter when it is well-cooled honey 320 gm. and a bit of powdered yavakṣāra ( 20 gm ) are added. Now the patient should take one haritaki fruit followed by the linctus 20 gm.

It alleviates advanced swelling and also asthma, fever, anorexia, prameha, gulma, splenomegaly, udararoga caused by three doṣas, anaemia, emaciation, āmavāta, blood disorders, amlapitta, abnormality of complexion and disorders of urine, vāta and semen. [ 50-52 ]

( Thus kamṣaharitaki ).

पटोलमूलामरदारुदन्तीत्रायन्तिपिप्पल्यभयाविशालाः ।  
यष्ट्याहयं तिक्करोहिणी च सचन्दना स्यात्रिचुलानि दार्ढी ॥ ५३ ॥  
कर्षोन्मतैस्तैः कथितः कषायो घृतेन पेयः कुडवेन युक्तः ।  
वीसर्पदाहज्वरसन्निपाततृष्णाविषाणि श्वयथुं च हन्ति ॥ ५४ ॥

Paṭola ( roots ), devadāru, danti, trāyamāṇā, pippali, haritaki, viśālā, madhu-yaṣṭī, tiktaroḥiṇī, candana, nicula ( fruits ), dāruharidrā--each 10 gm. should be

made into decoction. This decoction added with ghee 160 gm. should be taken by the patient.

It alleviates erysipelas, burning sensation, fever, sannipāta, thirst, poisoning and swelling. [ 53-54 ].

सचित्रकं धान्ययवान्यजाजीसौवर्चलं द्युषणवेतसाम्लम् ।  
बिल्वात् फलं दाढिमयावशूकौ सपिपलीमूलमथापि चव्यम् ॥ ५५ ॥  
पिष्टाऽक्षमात्राणि जलाढकेन पत्तवा घृतप्रस्थमथ प्रयुक्ष्यात् ।  
अशोऽसि गुल्मं श्वयथुं च कृच्छ्रं निहन्ति वर्द्धि च करोति दीप्तम् ॥ ५६ ॥  
पिवेद्यूतं वाऽष्टगुणाम्बुसिद्धं सचित्रकक्षारमुदारवीर्यम् ।  
कल्याणकं वाऽपि सपञ्चगव्यं तिकं महद्वाऽप्यथ तिककं वा ॥ ५७ ॥

Citraka, dhānyaka, yavānī, jīraka, sauvarcalā, trikaṭu, amlavetasa, bilwa (fruit), dāḍima, yavakṣāra, pippalimūla, cavya—each 10 gm. should be pounded into paste. With this ghee 640 gm. should be cooked with water 2.56 litres. This ghee, when used, alleviates piles, gulma, difficult swelling and promotes digestion.

One may also use ghee cooked with eight times water along with citraka and yavakṣāra which is a very potent formulation.

Kalyāṇaka ghṛta, pañcagavya, tiktaka or mahātiktaka ghṛta may also be used. [ 55-57 ]

क्षीरं घटे चित्रकक्षकलिसे दध्यागतं साखु विमध्य तेन ।  
तज्जं घृतं चित्रकमूलगम्भे तकेण सिञ्चं श्वयथुम्भमध्यम् ॥ ५८ ॥  
अशोऽतिसारानिलगुल्ममेहांश्चैतत्रिहन्त्यग्निवलप्रदं च ।  
त्रिष्णेण चाद्यात् सघृतेन तेन भोजयानि सिञ्चामथवा यवाग्म् ॥ ५९ ॥  
इति चित्रकघृतम् ।

Milk kept in a jar plastered with the paste of citraka, when curdled, should be churned along with the same paste. Ghee thus extracted should be cooked with the buttermilk the paste of citraka root being added to it. It is an excellent alleviator of swelling. Moreover, it destroys piles, diarrhoea, vātagulma, prameha and promotes digestive power. The patient should take food or gruel with the ( above ) buttermilk having ghee. [ 58-59 ]

( Thus citrakaghṛta )

जीवन्त्यजाजीशटिपुष्कराहैः सकारवीचित्रकविल्वमध्यैः ।  
मयावशूकैर्वदरप्रमाणैर्वृक्षाम्लयुक्ता घृततैलभृष्टा ॥ ६० ॥  
अशोऽतिसारानिलगुल्मशोफहद्रोगमन्दाश्चिह्निता यवाग्मः ।  
या पञ्चकोलैर्विधिनैव तेन सिञ्चा भवेत् सा च समा तयैव ॥ ६१ ॥

कुलत्यूपश्च सपिष्पलीको मौद्रश्च सञ्चूषणयावशकः ।  
रसस्तथा विष्करजाङ्गलानां सकूर्मगोधाशिखिशाल्कानाम् ॥ ६२ ॥  
सुवर्चला गृजनकं पटोलं सवायसीमूलकवेत्रनिम्बम् ।  
शाकार्थिनां शाकमिति प्रशस्तं भोज्ये पुराणश्च यवः सशालिः ॥ ६३ ॥

Gruel processed with jivanti, jiraka, śāti, puṣkaramūla, kāravī, citraka, bilwa (fruit-pulp) and yavakṣāra—each 5 gm., added with vṛkṣāmla and fried with ghee and oil is useful in piles, diarrhoea, vātagulma, swelling, heart disease and poor digestion.

Gruel which is processed with pañcakola by the above method is similar to the above in effect.

The soup of horse gram added with pippali and that of green gram added with trikaṭu and yavakṣāra and the meat-soup of gallinaceous and wild birds along with tortoise, iguana, peacock and porcupine are beneficial. For vegetarians, the vegetables of suvarcalā, grñjanaka, paṭola, vāyasi, mūlaka, vетra and nimba are recommended. In food, old barley and rice should be taken. [ 60-63 ]

आभ्यन्तरं भेषजमुक्तमेतद्विहितं यच्छृणु तद्यथावत् ।  
स्नेहान् प्रदेहान् परिपेचनानि स्वेदांश्च वातप्रबलस्य कुर्यात् ॥ ६४ ॥  
शैलेयकुष्ठागुरुदारुकौन्तोत्वक्पद्मकैलाम्बुपलाशमुस्तैः ।  
प्रियङ्कुर्थीणेयकहेममांसीतालीशपत्रपूवपत्रधान्यैः ॥ ६५ ॥  
श्रीवेणुकद्यामकपिष्पलीभिः स्पृक्कानखैश्चैव यथोपलाभम् ।  
वातान्वितेऽभ्यङ्गमुशन्ति तैलं सिद्धं सुपिष्टैरपि च प्रदेहम् ॥ ६६ ॥  
जलैश्च वासार्करञ्जिश्चुकाशमर्यपत्रार्जकजैश्च सिद्धैः ।  
स्विन्नो मृदूष्णै रविततोयैः ज्ञातश्च गच्छैरुलेपनीयः ॥ ६७ ॥

Thus internal medicine is said. Now listen properly about the useful external applications.

In that predominant in vāta one should apply unction, anointing, sprinkling and fomentation.

Śaileya, kuṣṭha, aguru, devadāru, kauntī, twak, padmaka, elā, hribera, palāśa, musta, priyaṅgu, sthauṇeyaka, nāgakeśara, māṁsi, tāliśapatra, plāva, patra, dhānyaka, śrīveṣṭaka, dhyāmaka, pippali, spṛkkā and nakha—with these drugs, as are available, oil is prepared and applied as massage in that associated with vāta. The same drugs powdered well are used for anointing.

The patient should be fomented with water boiled with leaves of vāsā, arka, karañja, śigru, kāśmarya, patra and arjaka, bathed with tepid water heated in the sun and pasted with aromatic substances. [ 63-67 ]

सवेतसाः क्षीरवतां दुमाणां त्वचः समज्ञिष्ठलतामृणालाः ।  
सचन्दनाः पद्मकवालकौ च पैते प्रदेहस्तु सतैलपाकः ॥ ६८ ॥  
आकस्य तेनाम्बु रविप्रतसं सचन्दनं साभयपद्मकं च ।  
स्नाने हितं क्षीरवतां कवायः क्षीरोदकं चन्दनलेपनं च ॥ ६९ ॥

The bark of latex-bearing trees, vetasa, mañjishṭhā, dūrvā, uśira, candana, padmaka and hrīvera—these should be used for anointing as paste and for massage as oil prepared with them. After massaging with this oil, the patient should be bathed with water added with candana, uśira and padmaka and heated in the sun. Similarly, decoction of latex-bearing trees as well as the mixture of milk and water may be used for bath. Thereafter paste of candana is applied. [ 68-69 ]

कफे तु कृष्णासिकतापुराणपिण्याकशिग्रुत्वगुमाप्रलेपः ।  
कुलत्थशुण्ठीजलमूत्रसेकश्चेष्टागुरुभ्यामनुलेपनं च ॥ ७० ॥  
विभीतकानां फलमध्यलेपः सर्वेषु दाहार्तिहरः प्रदिष्टः ।  
यष्ट्याहमुस्तैः सकपित्थपत्रैः सचन्दनैस्तत्पिडकासु लेपः ॥ ७१ ॥  
राज्ञावृषार्कत्रिफलाविडङ्गं शिग्रुत्वचो मूषिकपर्णिका च ।  
निम्बार्जकौ व्याघ्रनखः सदूर्वा सुवर्चला तिक्ककरोहिणी च ॥ ७२ ॥  
सकाकमाची वृहती सकुष्ठा पुनर्नवा चित्रकनागरे च ।  
उन्मर्दनं शोफिषु मूत्रपिण्डं शस्तस्तथा मूलकतोयसेकः ॥ ७३ ॥

In kaphaja swelling, paste of pippali, sand, old oil-cake, śigru bark and linseed, sprinkling with decoction of horse gram and dry ginger and cow's urine and afterpaste with caṇḍā and aguru should be applied.

In all types of swelling, the paste of bibhitaka fruit-pulp is prescribed as alleviator of burning sensation and pain. On boils arisen there paste of madhuyaṣṭi musta, kapittha leaves and candana is applied.

Rāsnā, vācā, arka, triphalā, viḍaṅga, śigru bark, mūṣkaparṇi, nimba, arjaka vyāghranakha, dūrvā, suvarcalā, tiktarohini, kākamāci, bṛhatī, kuṣṭha, punarnavā, citraka and śuṇṭhi—these powdered with cow's urine are used for anointing in patients of swellings. Sprinkling with decoction of radish is also prescribed. [ 70-73 ]

शोफास्तु गात्रावयवाश्रिता ये ते स्थानद्रुष्याकृतिनामभेदात् ।  
अनेकसंख्याः कतिचिच्च तेषां निदर्शनार्थं गदतो निबोध ॥ ७४ ॥

The types of swellings which are located in body-parts are numerous according to site, pathogenic material, shape and nomenclature. I am describing some of them here, listen. [ 74 ]

दोषाख्यः स्वैः कुपिता निदानैः कुर्वन्ति शोफं शिरसः सुघोरम् ।  
अन्तर्गले घुर्घुरिकान्वितं च शालूकमुच्छ्वासनिरोधकारि ॥ ७५ ॥

Three dosas vitiated by their respective etiological factors produce very severe swelling in head.

Inside throat they produce śālūka ( tuberlike growth ) associated with sterterous sound and obstructed respiration. [ 75 ]

गलस्य सन्धौ विबुके गले च सदाहरागः श्वसनासु चोप्रः ।  
शोफो भृशार्तिस्तु विडालिका स्याद्व्याह्न्ते चेद्वलयीकृता सा ॥ ७६ ॥

In the joint of throat, in chin and throat and in respiratory tubes a severe swelling with burning, redness and intense pain arises. It is known as bidālikā and is fatal if it surrounds the throat as a ring. [ 76 ]

स्यात्तालुविद्रध्यपि दाहरागपाकान्विता तालुनि सा त्रिदोषात् ।  
जिह्वोपरिष्टादुपजिह्विका स्यात् कफादधस्तादधिजिह्विका च ॥ ७७ ॥  
यो दन्तमांसेषु तु रक्पित्तात् पाको भवेत् सोपकुशः प्रदिष्टः ।  
स्याद्व्याह्नतविद्रध्यपि दन्तमांसे शोफः कफाच्छोणितसंचयोत्थः ॥ ७८ ॥

There is also tāluvidrudhi ( palate abscess ) haying burning, redness and suppuration due to location of three dosas in palate. Similarly, upajihvikā occurs above the tongue and adhijihvikā below the same.

Inflammation in gums caused by rakta and pitta is known as upakuśa. Dantavidradhi ( gum abscess ) is the swelling in gums caused by kapha and congestion of blood. [ 77-78 ]

गलस्य पाक्षर्वे गलगण्ड एकः स्याद्व्याह्नमाला वहभिस्तु गण्डैः ।  
साध्याः स्मृताः पीनसपार्श्वशूलकासज्वरच्छर्दिंयुतास्त्वसाध्याः ॥ ७९ ॥  
तेषां सिराकायशिरोविरेका धूमः पुराणस्य घृतस्य पानम् ।  
स्यालुह्ननं वक्त्रभवेषु चापि प्रवर्षणं स्यात् कवलग्रहश्च ॥ ८० ॥

Galaganda ( goitre ) is one and in the sides of pharynx whereas gandamālā ( cervical adenitis ) consists of several glands. They are as such curable but become incurable if attended by coryza, pain in sides, cough, fever and vomiting.

They are treated with venesection, purgation, head evacuation, smoking of old ghee and lightening measures. In the disorders inside the mouth, rubbing and gargling are used in addition to the above. [ 79-80 ]

अङ्गैकदेशेष्वनिलादिभिः स्यात् स्वरूपधारी स्फुरणः सिराभिः ।  
ग्रन्थिर्महान्मांसभवस्त्वनर्तिमेंदोभवः ज्ञिग्धतमश्वलश्च ॥ ८१ ॥  
संशोधिते स्वेदितमश्मकाष्ठैः साङ्खुष्ठदण्डैर्विलयेदपकम् ।  
विपाण्य चोदधृत्य भिषक् सकोशं शख्येण दग्धवा वणवच्छिकित्सेत् ॥ ८२ ॥  
अदग्ध ईषत् परिशेषितश्च प्रयाति भूयोऽपि शनैर्विवृद्धिम् ।  
तस्मादशेषः कुशलैः समन्ताच्छेष्यो भवेद्वीक्ष्य शरीरदेशान् ॥ ८३ ॥

शेषे कृते पाकवशेन शीर्योत्ततः क्षतोत्थः प्रसरेद्विसर्पः ।  
 उपद्रवं तं प्रविचार्य तज्ज्वस्तैर्भेषजैः पूर्वतरैर्यथौकैः ॥ ८४ ॥  
 निवारयेदादित एव यन्नाद्विधानवित् स्वस्वाविधिं विधाय ।  
 ततः कमेणास्य यथाविधानं वणं वणज्ञस्त्वरया चिकित्सेत् ॥ ८५ ॥  
 विवर्जयेत् कुक्ष्युदराश्रितं च तथा गले मर्मणि संश्रितं च ।  
 स्थूलः खरधापि भवेद्विवर्जयो यश्चापि बालस्थविराबलानाम् ॥ ८६ ॥

In parts of the body granthi ( nodular growth ) arises due to vāta etc. having their respective symptoms. Granthi situated in māṃsa is a big one and with venous pulsation. That in medas is painless, exceedingly unctuous and mobile.

After evacuation, the unripe one should be fomented and pressed with stone, wood, thumb and stick. If there is pouch within, it should be torn and excised with a knife and thereafter cauterized and treated like wound. In case it is cauterized slightly and still remains, it grows again gradually, hence it should be excised fully considering the particular body-parts. If there is some remnant, it degenerates by suppuration and thus due to wound erysipelas takes place. The expert physician examining the complications well should ward it off in the very beginning carefully by applying the respective measures ( for erysiplelas ) and those said above. Then the wound should be treated quickly and systematically by the expert surgeon according to the prescribed method.

Granthi located in belly and abdomen, neck and vital part and that which is large and rough and also in children, old and debilitated patients is rejectable. [81-86]

ग्रन्थ्यरुदानां च यतोऽविशेषः प्रदेशहेत्वाकृतिदोषदूष्यैः ।  
 ततश्चिकित्सेद्विषयरुदानि विधानविद्वन्नियचिकित्सतेन ॥ ८७ ॥

As granthi and arbuda ( tumour ) are similar in site, etiology, characters, doṣa and dūṣya, physician should treat arbuda on the lines of treatment of granthi. [ 87 ]

ताम्रा सशूला पिङ्का भवेद्या सा चालजी नाम परिस्तु ताम्रा ।  
 शोफोऽक्षतश्चर्मनखान्तरे स्थानमांसाद्वृष्टी भृशशीघ्रपाकः ॥ ८८ ॥  
 ज्वरान्विता वड्क्षणकक्षजा या वर्तिनिर्वर्तिः कठिनायता च ।  
 विदारिका सा कफमारुताभ्यां तेषां यथादोषमुपक्रमः स्यात् ॥ ८९ ॥  
 विस्त्रावणं पिण्डकयोपनाहः पक्वेषु चैव वणवच्चिकित्सा ।

The boil which is coppery, painful, and exuding at the tip is known as alaji. That swelling is known as 'akṣata' which is located at the junction of skin and nails, affects māṃsa and rakta and is prone to intense and quick inflammation. The painless, hard and diffused stick-like structure grow in groin or arm-pit along with fever is vidārikā which is caused by kapha and vāta.

These should be treated according to dosas. They should be drained and fomented with solid bolus. If they are suppurated, they should be treated like wound. [88-89]

विस्फोटकाः सर्वशारीरगास्तु स्फोटाः सरागज्वरतर्षयुक्ताः ॥ ९० ॥  
 यज्ञोपवीतप्रतिमाः प्रभूताः पित्तानिलाभ्यां जनितास्तु कक्ष्याः ।  
 याश्चापराः स्युः पिडकाः प्रकीर्णा� स्थूलाणुमध्या अपि पित्तजास्ताः ॥ ९१ ॥  
 क्षुद्रप्रमाणाः पिडकाः शारीरे सर्वाङ्गगाः सञ्ज्वरदाहतृष्णाः ।  
 कण्डूयुताः सारुचिसप्रसेका रोमान्तिकाः पित्तकफात् प्रदिष्टः ॥ ९२ ॥  
 याः सर्वगत्रेषु मसूरमात्रा मसूरिकाः पित्तकफात् प्रदिष्टाः ।  
 वीसर्पशान्त्यै विहिता क्रिया या तां तेषु कुष्ठे च हितां विदध्यात् ॥ ९३ ॥

Blisters erupted all over the body and associated with redness, fever and thirst are known as 'visphoṭaka'.

Too many blisters arranged like sacred thread and caused by pitta and vāta are known as 'kakṣyā' ( Herpes zoster ).

The other scattered boils of big, medium or small size, too are caused by pitta.

Small eruptions distributed all over the body and associated with fever, burning, thirst, itching, anorexia and excessive salivation is known as 'Romāntikā' ( measles ) which is caused by pitta and kapha.

The lentil-sized eruptions all over the body are known as 'masūrikā' ( chicken pox ) which is caused by pitta and kapha.

These should be managed with the measures prescribed for erysipelas and leprosy. [ 90-93 ]

ब्रह्मोनिलाद्यैर्बृंषणे स्वलिङ्गैरन्त्रं निरेति प्रविशेन्मुहुश्च ।  
 मत्रेण पूर्णं मृदु मेदसा चेत् स्त्रिग्रं च विद्यात् कठिनं च शोथम् ॥ ९४ ॥  
 विरेचनाभ्यङ्गनिरुद्धलेपाः पक्वेषु चैव बणवच्चिकित्सा ।  
 स्यान्मूत्रमेदःकफजं विपाक्य विशोध्य सीघ्येद्व्रणवच्च पक्म् ॥ ९५ ॥

'Bradhna' (inguinal hernia) is caused by vāta etc. in which intestinal loop comes out in scrotum and again reverts back associated with symptoms of the respective dosas.

The scrotal enlargement due to mūtra ( hydrocele ) is soft while due to fat the swelling is unctuous and hard.

These cases should be treated with purgation, massage, non-unctuous enema and application of pastes and the suppurated ones should be treated like wounds. The enlargements caused by mūtra, medas and kapha should be incised and

after removing the pathogenic material should be sutured. In case there is suppuration, they should be treated like wounds. [ 94-95 ]

क्रिम्यस्थिसूक्ष्मशणनव्यवायप्रवाहणात्युत्कटकाश्वपृष्ठैः ।

गुदस्य पाश्वे पिडका भृत्यार्तिः पक्प्रभिन्ना तु भगन्दरः स्यात् ॥ ९६ ॥

विरेचनं चैषणपाटनं च विशुद्धमार्गस्य च तैलदाहः ।

स्यात् क्षारसूत्रेण सुपाचितेन छिन्नस्य चास्य व्रणवच्चिकित्सा ॥ ९७ ॥

Gradual decay of bones by organisms, excessive sexual intercourse, over-straining during defaecation, excessive squatting posture and riding a horse lead to appearance of boil in the side of anus which is very painful and gradually suppurates and breaks open. It is known as 'bhagandara' ( fistula-in-ano ). Purgation, probing, incision, cauterization with oil after cleaning the passage, application of well-prepared kṣārasūtra ( alkaline thread ) and management like that in wound after cutting it—This is the procedure of treatment of fistula-in-ano. [ 96-97 ]

जङ्घासु पिण्डीप्रपदोपरिष्टात् स्याच्छ्लीपदं मांसकफास्त्रदोषात् ।

सिराकफग्रन्थ विधिः समग्रस्तत्रेष्यते सर्षपलेपनं च ॥ ९८ ॥

'Slipada' (filaria) occurs in shanks starting from feet to the calf muscles. It is caused by vitiation of māṃsa, kapha and rakta. The management consists of all the measures alleviating venous congestion and kapha in addition to application of mustard paste. [ 98 ]

मन्दास्तु पित्तप्रबलाः प्रदुषा दोषाः सुतीवं तनुरक्पाकम् ।

कुर्वन्ति शोथं ज्वरतर्षयुक्तं विसर्पणं जालकगर्दभाख्यम् ॥ ९९ ॥

विलङ्घनं रक्तविमोक्षणं च विरुक्षणं कायविशोधनं च ।

धात्रीप्रयोगात् शिशिरान् प्रदेहान् कुर्यात् सदा जालकगर्दभस्य ॥ १०० ॥

Mildly vitiated dosas with predominance of pitta give rise to very severe swelling with mild inflammation, of spreading nature and associated with fever and thirst. It is known as jälakagardabha.

In jälakagardabha, one should apply fasting, bloodletting, roughening, evacuation of the body, formulations of āmalaki and other cooling ointments. [ 99-100 ]

एवंविधांशाप्यपरान् परीक्ष्य शोथप्रकाराननिलादिलिङ्गैः ।

शान्तिं नयेदोषहरैर्यथास्वमालेपनच्छेदनभेददाहैः ॥ १०१ ॥

Likewise, in other such cases of swelling one should treat them with respective dosa-alleviating measures as well as pastes, excision, incision and cauterization after examining them in respect of the symptoms of vata etc. [ 101 ]

प्रायोऽभिघातादनिलः सरक्तः शोथं सरागं प्रकरोति तत्र ।

वीसर्पनुन्मारुतरक्तनुच्च कार्यं विषम्बं विषजे च कर्म ॥ १०२ ॥

Often by injury vāyu along with rakta produces localised swelling with redness. It should be managed with the measures alleviating erysipelas and vātarakta.

In swelling caused by poisons, the antipoison measures should be adopted. [102]

तत्र श्लोकः—

त्रिविधस्य दोषभेदात् सर्वार्धावयवगात्रभेदाच्च । श्वयथोर्विविधस्य तथा लिङ्गानि चिकित्सितं चोक्तम् ॥१०३॥

Now the summing up verse—

Symptoms and treatment of three types of swelling according to dosas and location in whole body, half portion and a part and also of various types are described. [ 103 ]

इत्यश्लिष्टेशकुते तन्त्रेऽप्राप्ते दृढवलसंपूरिते चिकित्सास्थाने श्वयथुचिकित्सितं  
नाम द्वादशोऽध्यायः ॥ १२ ॥

Thus ends the twelfth chapter on the treatment of swelling in  
Cikitsāsthāna in the treatise composed by Agniveśa  
and reconstructed by Dr̥ḍhabala as  
it was not available. ( 12 )

### अयोदशोऽध्यायः

### CHAPTER XIII

अथात उदरचिकित्सितं व्याख्यास्यामः ॥ १ ॥

Now I shall expound the chapter on abdominal disease. [ 1 ]

इति ह स्माह भगवानात्रेयः ॥ २ ॥

As propounded by Lord Ātreyā. [ 2 ]

सिद्धविद्याधराकीर्णे कैलासे नन्दनोपमे । तप्यमानं तपस्तीव्रं साक्षात्तर्ममिव स्थितम् ॥ ३ ॥  
आयुर्वेदविदां श्रेष्ठं भिषजिव्याप्रवर्तकम् । पुनर्वसुं जितात्मानमश्लिष्टेशोऽब्रवीद्रुचः ॥ ४ ॥  
भगवन्नुदरैर्दुःखैर्दृश्यन्ते ह्यर्दिता नराः । शुष्कवक्राः कृशैर्गौत्रैराध्यातोदरकुक्षयः ॥ ५ ॥  
प्रणष्टाश्लिष्टलाहाराः सर्वचेष्टास्वनीश्वराः । दीनाः प्रतिक्रियाभावाज्ञहतोऽसूननाथवत् ॥ ६ ॥  
तेषामायतनं संख्यां प्राप्त्याकृतिभेषजम् । यथावच्छोतुमिच्छामि गुरुणा सम्यगीरितम् ॥ ७ ॥  
सर्वभूतहितायर्थिः शिष्येणैव प्रचोदितः । सर्वभूतहितं वाक्यं व्याहर्तुमुपचक्रमे ॥ ८ ॥

Agniveśa submitted to Punarvasu, the best among the knowers of Ayurveda, founder of ( the school of ) medicine, self-controlled and embodiment of virtue.

while he was performing severe penance at Kailāṣa inhabited by siddhas and vidyā-dharas and which was like Nandana ( Indra's pleasure garden ) "O Lord ! the people suffering from difficult abdominal diseases are seen as having dried mouth, emaciated organs, blown up abdomen and belly, loss of the power of digestion and ingestion, incapability in all activities, poor expression and leaving their last breath like orphans in want of proper remedy. Hence, sir, I want to hear properly their etiology, number, prodroma, signs and symptoms and treatment as described by you, my teacher,"

The sage, thus impelled by the disciple for the universal welfare started to deliver his talk beneficial for all creatures. [ 3-8 ]

अग्निदोषान्मनुष्याणां रोगसङ्घाः पृथग्विधाः । मलवृद्ध्या प्रवर्तन्ते विशेषेणोदराणि तु ॥ ९ ॥  
मन्देऽग्नौ मलिनैर्भुक्तैरपाकाद्वयसंचयः । प्राणाग्न्यपानान् संदूध्य मार्गान्दृढ्वाऽधरोत्तरान् ॥ १० ॥  
त्वद्गांसान्तरमागम्य कुक्षिमाध्मापयन् भृशम् । जनयत्युदरं तस्य हेतुं शृणु सलक्षणम् ॥ ११ ॥

In human beings, different disease-groups particularly the abdominal diseases arise from defect of agni ( power of digestion ) due to increase of malas ( excrements as well as vāta etc. ). In condition of poverty of agni if unwholesome food is taken the same is not digested properly and leads to accumulation of dosas, which affecting prāṇa, agni and apāna, and blocking upward and downward passages reaches the interspace between skin and muscle and blows up the abdomen. Thus the udara roga ( abdominal disease ) is produced. Now listen its etiology and symptoms. [ 9-11 ]

अत्युष्णलवणक्षारविदाद्यम्लगराशनात् । मिथ्यासंसर्जनाद्रूक्षविरुद्धाशुचिमोजनात् ॥ १२ ॥  
पूर्वाशार्द्धप्रहृणीदोषकर्णनात् । कर्मविभ्रमात् । क्षिणानामप्रतीकाराद्रौक्ष्याद्वेगविधारणात् ॥ १३ ॥  
स्नोतसां दूषणादामात् । संक्षेभादतिपूरणात् । अशोवालशक्तिरोधादन्त्रस्फुटनमेदनात् ॥ १४ ॥  
अतिसंचितदोषाणां पापं कर्म च कुर्वताम् । उदराण्युपजायन्ते मन्दाग्नीनां विशेषतः ॥ १५ ॥

In the persons having too much accumulated dosas, indulgence in sinful activities particularly with poor state of digestion by excessive use of hot, saline, alkaline, burning, sour and poisoned food; improper dietetic regimen after evacuative therapy, intake of rough, antagonistic and unclean food, emaciation due to splenomegaly, piles and grahṇiroga, improper administration of evacuative therapy, neglecting treatment of these disorders, roughness, suppression of natural urges, morbidity in channels, āma doṣa, excessive jerking, oversaturation, obstruction due to piles, hairs and stool, perforation and tearing of intestines the abdominal diseases are caused. [ 12-15 ]

शुचाशः स्वाद्वितिलिङ्गधगुर्वन्नं पच्यते चिरात् । भुक्तं चिद्वहते सर्वं जीर्णाजीर्णं न वेत्ति च ॥ १६ ॥  
सहते नातिसौहित्यमीषच्छोकश्च पादयोः । शश्वदलक्ष्योऽल्पेऽपि व्यायामे श्वासमृद्धिति ॥ १७ ॥  
वृद्धिः पुरोषनिचयो रुक्षोदावर्तहेतुका । वस्तिसन्धौ रुगाध्मानं वर्धते पाञ्चतेऽपि च ॥ १८ ॥

आतन्यते च जठरमपि लघ्वलपभोजनात् । राजीजन्म वलीनाश इति लिङ्गं भविष्यताम् ॥ १९ ॥

Loss of appetite, delayed digestion of sweet, too unctuous and heavy food, burning of the entire food taken ( with hyperacidity ), absence of feeling of digestion or indigestion, intolerance to over-eating, slight oedema on feet, continuous deterioration of strength, dyspnoea even on slight physical exertion, abdominal enlargement, accumulation of faeces, pain in pelvic region due to roughness and upward movement of vāyu, increase of tympanitis, increasing, tearing and expansion of abdomen even on light and little food, appearance of streaks and disappearance of abdominal wrinkles—these are the signs and symptoms of would be abdominal disorders. [ 16-19 ]

रुद्धवा स्वेदाम्बुवाहोनि दोषाः स्रोतांसि संचिताः । प्राणान्यपानान् संदूष्य जनयन्त्युदरं नृणाम् ॥ २० ॥  
कुक्षेराधानमाटोपः शोफः पादकरस्य च । मन्दोऽग्निः स्फुक्षणगण्डत्वं कार्यं चोदरलक्षणम् ॥ २१ ॥  
पृथगदोषैः समस्तैश्च मुहूरद्वक्षतोदकैः । संभवन्त्युदराण्यष्टौ तेषां लिङ्गं पृथक् शृणु ॥ २२ ॥

The accumulated doṣas by blocking the channels carrying sweat and fluid and affecting prāṇa, agni and apāna produce the abdominal diseases.

The general symptoms of the abdominal diseases are—tympanitis and gurgling sound in abdomens, oedema on hands and feet, poor digestion, smooth cheek and emaciation.

Abdominal diseases are eight in number such as those caused by doṣas singly ( 3 ) and all combined together ( 4 ), spleen enlargement ( 5 ), intestinal obstruction ( 6 ), perforation ( 7 ) and fluid ( 8 ). Now listen to their symptoms separately. [ 20-22 ]

रुक्षालपभोजनायासवेगोदावर्तकर्शनैः । वायुः प्रकुपितः कुक्षिहृस्तिगुदमार्गः ॥ २३ ॥  
हृत्वाऽग्निं कफमुदृध्य तेन रुद्धगतिस्ततः । आचिनोत्युदरं जन्तोस्त्वज्ञांसान्तरमाग्निः ॥ २४ ॥

तस्य रूपाणि—कुक्षिपाणिपादवृश्णश्वयथुः, उदरविपाटनम्, अनियतौ च वृद्धिहासौ, कुक्षिपादवृश्णूलोदावर्ताङ्गमर्दपर्वभेदशुष्ककासकाशर्थदैबर्ल्यारोचकाविपाकाः, अधोगुहत्वं, वातवर्चमूत्रसङ्ग, द्यावारुणत्वं च नखयनवदनत्वद्वृत्तवर्चसाम्, अपि चोदरं तन्वसितराजीसिरासंततम् आहंतमाध्मातद्विशब्दवद्वति, वायुश्वोर्ध्वमध्यस्तिर्यक् च सशूलशब्दधरति, एतद्वातोदरमिति विद्यात् ॥ २५ ॥

Vāyu aggravated by rough and undernutrition, exertion, suppression of urges and emaciating factors ( fasting etc. ) reaches belly, cardiac and pelvic regions and anal passage. It extinguishes the agni and aggravating kapha gets obstructed in its passage and thus enlarges the abdomen by residing in the interspace between skin and muscle. This is vātodara having the following sings and symptoms :—

Swelling in belly, hands, feet and scrotum; tearing of abdomen, unstable aggravation and recession, ( association of ) pain in belly and sides, upward movement of vāyu,

body-ache, tearing pain in smaller joints, dry cough, emaciation, debility anorexia and indigestion; heaviness in lower parts; obstruction in flatus, stool and urine; appearance of blackish or reddish tinge in nails, eyes, face, skin, urine and stool, prominence of thin and black streaks and veins on abdomen, on percussion there is tympanitic sound in abdomen and movement of vāyu within abdomen in all directions with pain and sound. [ 23-25 ]

कट्टम्ललवणात्युष्णतीक्षणान्यातपसेवनैः । विदाहाध्यशनाजीर्णशाशु पित्तं समाचितम् ॥ २६ ॥  
प्राप्यनिलकफौ रुदध्वा मार्गमुन्मार्गमास्थितम् । निहन्त्यामाशये वह्नि जनयत्युदरं ततः ॥ २७ ॥

तस्य रूपाणि—दाहज्वररुषामूच्छार्तीसारभ्रमाः, कटुकास्थत्वं, हरितहारिद्रित्वं च नखनयन-  
वदनत्वङ्गूचर्वर्चसाम्, अपि चोदरं नीलपीतहारिद्रहरिताश्राजीसिरावनद्धं, दद्यते, दूयते, धूष्यते,  
ऊष्मायते, स्विद्यते, क्षिद्यते, मृदुस्पर्शं क्षिप्रपाकं च भवति; एतत् पित्तोदरमिति विद्यात् ॥ २८ ॥

Pitta accumulated by intake of pungent, sour, saline and very hot food items, exposure to intense fire and sun, gets vitiated instantly and joining with vāyu and kapha obstructs the passage and extinguishes digestive fire in the stomach and thus gives rise to ( pittaja ) udara roga.

Pittodara has the following signs and symptoms :—association of burning sensation, fever, thirst, fainting, diarrhoea and giddiness, pungency in mouth, appearance of green and yellow tinge in nails, eyes, face, skin, urine and stool; prominence of blue, yellow, deep yellow, green or coppery streaks and veins on abdomen which has burning sensation, pain, fuming, heating, sweating, moistening and is soft on palpation and prone to quick inflammation. [ 26-28 ]

अव्यायामदिवास्वप्नस्वाद्वितिभिर्धपिच्छलैः । दधिदुग्धौदकानूपमांसैश्चाप्यतिसेवितैः ॥ २९ ॥  
कुद्देन श्लेष्मणा स्रोतःस्वावृतेष्वावृतोऽनिलः । तमेव पीडयन् कुर्यादुदरं वह्निरन्त्रगः ॥ ३० ॥  
तस्य रूपाणि—गौरवारोचकाविपाकाङ्गमर्दीः, सुतिः, पाणिपादमुज्जोरुशोफः, उत्क्लेशनिद्राकासश्वासाः,  
शुक्लत्वं च नखनयनवदनत्वङ्गूचर्वर्चसाम्; अपि चोदरं शुक्लराजीसिरासंततं, गुरु, स्तिमितं, स्थिरं, कठिनं  
च भवति; एतच्छ्लेष्मोदरमिति विद्यात् ॥ ३१ ॥

By lack of exercise, day-sleep, intake of sweet, too unctuous and slimy food, excessive use of curd, milk, meat of aquatic and marshy animals kapha gets aggravated and obstructs the passages, thus vāyu having been blocked in its passage comes out of the intestines and produces ( kaphaja ) udara roga.

The kaphaja type of udara roga has the following signs and symptoms—heaviness, anorexia, indigestion, body-ache, numbness, swelling in hands, feet, scrotum and thighs, nausea, sleep, cough, dyspnoea, whiteness in nails, eyes, face, skin, urine and stool, prominence of white streaks and veins all over the abdomen; heavy, still immobile and hard abdomen. [ 29-31 ]

दुर्बलाम्नेरपथ्यामविरोधिगुरुमोज्जैः । खीदत्तैश्च रजोरोमविण्मूत्रास्थिनखादिभिः ॥ ३२ ॥  
 विषैश्च मन्दैर्वाताद्याः कुपिताः संचयं त्रयः । शनैः कोष्ठे प्रकुर्वन्तो जनयन्त्युदरं नृणाम् ॥ ३३ ॥  
 तस्य रूपाणि—सर्वेषामेव दोषाणां समस्तानि लिङ्गान्युपलभ्यन्ते, वर्णश्च सर्वे नखादिषु, उदरमपि  
 नानावर्णराजीसिरासंतं भवति; एतत् सन्निपातोदरमिति विद्यात् ॥ ३४ ॥

If one having poor digestion takes unwholesome, uncooked, antagonistic and heavy food, ( impure substances such as ) menstrual blood, hairs, faeces, urine, bone, nail etc. administered by a woman, slow-acting poisons, the three dosas vāta etc. get aggravated and accumulated gradually in belly and thus produce sannipāt-taja udararoga.

It exhibits all the symptoms of all the dosas, all things in nails etc. and abdomen is also pervaded with variegated streaks and veins. This should be known as sannipātodara. [ 32-34 ]

अशितस्यातिसंक्षेपाद्यानातिचेष्टितैः । अतिव्यवाश्यभाराध्ववमनव्याधिकर्शनैः ॥ ३५ ॥  
 वामपार्वाश्रितः पूर्णिद्वा च्युतः स्थानात् प्रवर्घते । शोणितं वा रसादिभ्यो विवृद्धं तं विवर्घयेत् ॥ ३६ ॥  
 तस्य पूर्णिद्वा कठिनोऽष्टीलेवादौ वर्घमानः कच्छुपसंस्थान उपलभ्यते; स चोपेक्षितः क्रमेण कुर्क्षिं  
 जडरमग्न्यधिष्ठानं च परिक्षिपन्नुदरमभिनिवर्तयति ॥ ३७ ॥

तस्य रूपाणि—दौर्बल्यारोचकाविपाकवर्चोमूत्रग्रहतमःप्रवेशपिपासाङ्गमर्दच्छर्दिमूर्च्छाङ्गसादकास-  
 श्वासमृदुज्वरानाहास्त्रिनाशकाद्यर्थास्यवैरस्यपर्वमेदकोष्ठवातशूलानि, अपि चोदरमहणवर्णं विवर्णं वा  
 नीलहरितद्वारिद्राजिमद्भवति; एवमेव यकृदपि दक्षिणपाद्वर्वस्थं कुर्यात्, तुल्यदेतुलिङ्गैषधत्वात्तस्य  
 पूर्णिहज्ञर एवावरोध इति; एतत् पूर्णिद्वादरमिति विद्यात् ॥ ३८ ॥

Due to excessive jerking, travelling by vehicles, excessive movements, sexual intercourse, load-carrying, travelling on foot, vomiting or debility caused by some disease, the spleen located in left side gets displaced from its normal place and thus is enlarged or the blood increased ( accumulated ) through rasa etc. also enlarge it.

The ( enlarged ) spleen hard and like a small stony piece in the beginning gradually increases and becomes like a tortoise. If neglected, it gradually overlaps belly, abdomen and the seat of digestive fire and thus produces udararoga ( plihodara ).

It has the following symptoms—debility, anorexia, indigestion, retention of stool and urine, unconsciousness, thirst, body-ache, vomiting, fainting, lassitude, cough, dyspnoea, mild fever, hardness in bowels, loss of fire, emaciation, tastelessness in mouth, tearing pain in smaller joints, gas formation and pain in belly; reddish or abnormal tinge in or apperance of blue, green or yellow streaks on abdomen. In the same way, liver situated in right side produces the above symptoms ( when enlarged ). Because of similarity in etiology, symptoms and treatment, it is included in plihodara itself. Thus plihodara is described. [ 35-38 ]

**पक्षमबालैः सहानेन भुक्तैर्बद्धायने गुदे । उदावतैस्तथाऽशोभिरन्त्रसंमूर्छनैन वा ॥ ३९ ॥**  
**अपानो मार्गसंरोधाद्वत्वाऽस्मि कुपितोऽनिलः । वर्चःपित्तकफान् रुद्ध्वा जनयत्युदरं ततः ॥ ४० ॥**

**तस्य रूपाणि—तृष्णादाहज्वरमुखतालुशोषोरुसादकासश्वासदौर्बल्यारोचकाविपाकवर्चोमूत्रसङ्गा-**  
**धमानच्छर्दिक्षवथुशिरोहन्नाभिगुदशूलानि, अपि चोदरं मूढवातं स्थिरमरुणं नीलराजि सिरावनद्वराजिकं**  
**वा प्रायो नाभ्युपरि गोपुच्छवदभिनिर्वर्तत इति; एतद्वद्वगुदोदरमिति विद्यात् ॥ ४१ ॥**

Due to obstruction in anal passage caused by ingestion of eye lashes, hairs etc. with meals, reverse peristalsis, piles or intussusception, apāna vāyu, because of obstruction in passage, gets vitiated and by extinguishing ( digestive ) fire and causing retention of faeces, pitta, and kapha produces undara roga. It is known as baddhagudodara ( obstructive abdomen ).

It has following symptoms—thirst, burning sensation, fever, dryness of mouth and palate, weakness in thighs, cough, debility, anorexia, indigestion, retention of stool and urine, tympanitis, vomiting, sneezing; pain in head, heart, navel and anus; abdomen with vāta confounded, immobile, having reddish tinge, prominence of blue streaks and veins or no streaks and often with cylindrical protrusion above umbilicus. This should be known as baddhagudodara. [ 39-41 ]

**शर्करातृणकाष्ठास्थिकण्टकैरन्त्रसंयुतैः । भिद्येतान्त्रं यदा भुक्तैर्ज्ञमयाऽत्यशनेन वा ॥ ४२ ॥**

**पाकं गच्छेद्रसस्तेभ्यश्चिड्द्रेभ्यः प्रस्तवद्वाहिः । पूरयन् गुदमन्त्रं च जनयत्युदरं ततः ॥ ४३ ॥**

**तस्य रूपाणि—तदधो नाभ्याः प्रायोरभिवर्धमानमुदकोदरं भवति, यथाबलं च दोषाणां रूपाणि**  
**दर्शयति, अति चातुरः सलोहितनीलपीतपिच्छिलकुणपगन्ध्यामवर्च उपवेशते, हिक्काश्वासकासतृष्णाप्रमेहा-**  
**रोचकाविपाकदौर्बल्यपरीतश्च भवति, एतच्छिद्रोदरमिति विद्यात् ॥ ४४ ॥**

If the intestines are perforated due to ingestion of gravels, grass, wooden or bony piece or thorn with food; yawning or over-eating and gets suppurated, the chyle is discharged out of the holes and filling up the intestinal loop and anus produces udara roga.

It has the following symptoms—below the umbilicus it increases gradually and looks as in ascites, exhibits the symptoms of dosas according to their predominance, the patient passes stool with blood, blue, yellow, slimy, having fleshy odour and āma and is attended by hiccup, dyspnoea, cough, thirst, polyuria, anorexia, indigestion and debility. This should be known as ‘chidrodra’ ( perforative abdomen ). [ 42-44 ]

**ब्लेहपीतस्य मन्दप्त्वैः क्षीणस्यातिकृशस्य वा अत्यग्नुपानान्तर्षेऽग्नौ मारुतः क्लोम्नि संस्थितः ॥ ४५ ॥**

**खोतःसु रुद्धमार्गेषु कफश्चोदकमूर्च्छितः । वर्धयेतां तदेवाम्बु स्वस्थानादुदराय तौ ॥ ४६ ॥**

**तस्य रूपाणि—अनन्तकाङ्क्षापिपासागुदमावशूलश्वासकासदौर्बल्यानि, अपि चोदरं नानावर्णराजि-**  
**सिरासंततमुदकपूर्णदतिक्षोभसंस्पर्शं भवति, एतदुदकोदरमिति विद्यात् ॥ ४७ ॥**

**तत्र अचिरोत्पन्नमनुपद्रवमनुदकग्रात्मुदरं त्वरमाणश्चिकित्सेत्; उपेक्षितानां ह्येषां दोषाः स्वस्थानादप-**  
**वृक्ता परीपाकाद्वाराभूताः सन्धीन् खोतांसि चोपक्षेदयन्ति, स्वेदश्च वाह्येषु खोतःसु प्रतिहतगतिस्तियंग-**

वतिष्ठमानस्तदेवोदकमाप्याययति; तत्र पिच्छोत्पत्तौ मण्डलमुदरं गुरु स्तिमितमाकोटितमशब्दं  
मृदुस्पर्शमपगतराजोकमाकान्तं नास्यामेवोपसर्पति । ततोऽनन्तरमुदकप्रादुर्भावः । तस्य रूपाणि—कुक्षेर-  
तिमात्रवृद्धिः, सिरान्तर्धानंगमनम्, उदकपूर्णद्वितिसंक्षेपसंस्पर्शत्वं च ॥ ४८ ॥

तदाऽत्तुरमुपद्रवाः स्पृशन्ति—छर्यतीसारतमकरुणाश्वासकासहिकादौर्बल्यपाइर्वशूलाद्यचिस्वग-  
भेदमूत्रसङ्कादयः; तथाविधमचिकित्स्यं विद्यादिति ॥ ४९ ॥

Due to excessive intake of water by the one having taken uncting substance, poor digestion, wasting and emaciation the digestive fire is extinguished and *vāyu* gets located in *kloma* and *kapha* is aggravated by fluid due to obstruction in passage of channels and both contribute to accumulation of fluid from its normal place into the abdomen.

It has the following symptoms—loss of desire for food, thirst, discharge from anus, pain, dyspnoea, cough and debility; abdomen full of streaks and veins of various colours and on palpation has fluctuation like that in bag full of water. This should be known as *udakodara* ( ascites ).

In initial stage it is devoid of complications and accumulation of fluid and then itself one should treat it quickly. If neglected, the *dosas* moved away from their own place and liquefied due to process of ripening moisten the joints and channels. The sweat too is obstructed in its passage to outward channels and thus staying obliquely adds to the same fluid. Thus there appears *picchā* ( slim ) on which the abdomen becomes round, heavy, still, dull on percussion, soft on palpation, streakless ( on inspection ) and concentrating on the umbilicus itself. Thereafter fluid appears which exhibits the following signs—excessive enlargement of abdomen, disappearance of veins and feeling of fluctuation on palpation like that in a bag full of water.

These are the complications which manifest in the patient—vomiting, diarrhoea, feeling of darkness, thirst, dyspnoea, cough, hiccup, debility, pain in sides, anorexia, hoarseness of voice, retention of urine etc. Such patient should be declared as incurable. [ 45-49 ]

#### भवन्ति चात्र—

वातात्पित्तात्कफात् प्लीढः सन्निपातात्तथोदकात् । परं परं कुच्छुतरमुदरं भिषगादिशेत् ॥ ५० ॥  
पक्षाद्वद्वगुदं तृधर्वं सर्वं जातोदकं तथा । प्रायो भवत्यभावाय चिछ्रान्त्रं चोदरं नृणाम् ॥ ५१ ॥

*Udara-roga* caused by *vāta*, *pitta*, *kapha*, spleen, *sannipāta* and fluid should be known as of increasing severity in progressive order. The obstructive abdomen is mostly fatal after a fortnight, so are all the types attaining fluid including the perforative abdomen. [ 50-51 ]

शूनाक्षं कुटिलोपस्थमुपहिन्नतनुत्वचम् । बलशोणितमांसाग्निपरिक्षीणं च वर्जयेत् ॥ ५२ ॥  
 श्वयथुः सर्वमर्मात्थः श्वासो हिक्काऽरुचिः सतृट् । मूर्छा च्छर्दिंतीसारो निहन्त्युदरिणं नरम् ॥ ५३ ॥  
 जन्मनैवोदरं सर्वं प्रायः कृच्छ्रतमं मतम् । बलिनस्तदजाताम्बु यत्साध्यं नवोत्थितम् ॥ ५४ ॥

One should reject the patient having swollen eyes, crooked private parts, moistened thin skin and loss of strength, blood, flesh and digestive power.

Swelling in all the vital parts, dyspnoea, hiccup, anorexia, thirst, fainting, vomiting and diarrhoea lead to death of the patient of udara-roga.

Udara-roga as a whole is often the most difficult to be treated from the very start. However, it can be cured with effort if it is newly arisen, fluidless and patient is strong. [ 52-54 ]

अजातशोथमरुणं सशब्दं नातिभारिकम् । सदा गुडगुडायच्च सिराजालगवाक्षितम् ॥ ५५ ॥  
 नाभि विषम्य वायुस्तु वेगं कृत्वा प्रणक्षयति । हृत्ताभिवडक्षणकटीगुदप्रत्येकशूलिनः ॥ ५६ ॥  
 कर्कशं सृजतो वातं नातिमन्दे च पावके । लालया विरसे चास्ये मूत्रेऽलये संहते विषि ॥ ५७ ॥  
 अजातोदंकमित्येतैर्लिङ्गविज्ञाय तत्त्वतः । उपाकमेद्विषगदोषबलकालविशेषवित् ॥ ५८ ॥

Abdomen without swelling, reddish, resonant (on percussion), not very heavy, always with gurgling sound, full of venous network; vāyu distending the navel and disappearing after impelling the urge; pain in heart, navel, groin, waist and anus; passing hard flatus, digestive fire not very mild, tastelessness in mouth due to salivation, scanty urine, hard stool—with these signs and symptoms it should be taken as that devoid of fluid and should be treated by the physician knowing variation of doṣa, strength and time. [ 55-58 ]

वातोदरं बलवतः पूर्वं खेदैरुपाचरेत् । स्निग्धाय स्वेदिताङ्गाय दद्यात् खेदविरेचनम् ॥ ५९ ॥  
 हृते दोषे परिम्लानं वेष्टयेद्वाससोदरम् । तथाऽस्यानवकाशत्वाद्वायुर्नार्थमापयेत् पुनः ॥ ६० ॥  
 दोषातिमात्रोपचयात् खोतोमार्गनिरोधनात् । संभवत्युदरं तस्माच्चित्यमेव विरेचयेत् ॥ ६१ ॥  
 शुद्धं संसृज्य च क्षीरं बलार्थं पाययेत्तु तम् । प्रागुत्क्लेशाग्निवर्त्यं च बले लब्धे क्रमात् पयः ॥ ६२ ॥  
 यूवै रसैर्वा मन्दाम्ललवणैरेधितानलम् । सोदावर्तं पुनः स्निग्धं स्विन्नमास्थापयेन्नरम् ॥ ६३ ॥  
 स्फुरणाक्षेपसन्ध्यस्थिपाश्वरपृष्ठत्रिकार्तिषु । दीप्ताग्निं बद्धविड्वातं रक्षमप्यनुवासयेत् ॥ ६४ ॥  
 ताक्षणाधोभागयुक्तोऽस्य निरुद्धो । दाशमूलिकः । वातभागम्लशृतैरण्डतिलतैलानुवासनम् ॥ ६५ ॥  
 अविरेचयं तु यं विद्याद्बुर्बलं स्थविरं शिशुम् । सुकुमारं प्रकृत्याऽल्पदोषं वाऽथोल्वणानिलम् ॥ ६६ ॥  
 तं भिषक् शमनैः सर्पिर्यूपमांसरसोदनैः । वस्त्यम्यङ्गानुवासैश्च क्षीरैश्चोपाचरेद्वुधः ॥ ६७ ॥

Vātodara, in a strong patient, should be treated at first with uncting substances. After unction and fomentation, one should administer uncted purgations. After the doṣa is eliminated and the abdomen is receded, one should wrap the abdomen with cloth piece (bandage) so that vāyu may not blow it up again due

to want of vacuum. Udara-roga is originated by excessive accumulation of doṣas and obstruction in passage of channels hence one should purge the patient daily. After he is evacuated and managed with proper diet, he should be given milk for promoting strength. When this purpose is served milk should be withdrawn gradually before it produces nausea. In case of reverse peristalsis or upward movement of vāyu, agni should be stimulated by vegetable or meat soup slightly soured and salted and then again subjecting the patient to unction and fomentation one should administer non-unctuous enema to him. Unctuous enema should be administered in case of twitchings, convulsions and pain in joints, bone, sides, back and sacral region, retention of stool and flatus and roughness if the patient has strong digestion.

For him, the non-unctuous enema should be prepared of daśamūla mixed with potent purgatives. Likewise, the unctuous enema should consist of castor or tila oil cooked with vāta-alleviating and sour drugs.

The patient who is considered unfit for purgation such as weak, old, infant delicate by nature, having little morbidity or aggravated vāta should be treated by physicians with pacificatory measures—diet consisting of ghee, vegetable or meat soup and rice; enema, massage and unctuous enema and use of milk. [ 59-67 ]

पित्तोदरे तु बलिनं पूर्वमेव विरेचयेत् । दुर्बलं त्वनुवास्यादौ शोधयेत् क्षीरबस्तिना ॥ ६८ ॥  
संज्ञातबलकायाश्च पुनः स्निग्धं विरेचयेत् । पयसा सत्रिवृत्कलकेनोरुवृक्ष्यतेन वा ॥ ६९ ॥  
सातलात्रायमाणाभ्यां शृतेनारग्वधेन वा । सकफे वा समूचेण सवाते तिक्तसर्पिषा ॥ ७० ॥  
पुनः क्षीरप्रयोगं च बस्तिकर्म विरेचनम् । क्रमेण ध्रुवमातिष्ठन् युक्तः पित्तोदरं जयेत् ॥ ७१ ॥

In pittodara, the strong patient shoud be purged in the very beginning while the weak one should be evacuated first by unctuous enema and then by milk enema and when his strength and digestive power are restored he should be purged after re-unction with milk boiled with paste of trivṛt and eraṇḍa, sātalā and trāyamaṇā or āragvadha. It should be added with cow's urine and bitter ghee in condition of association of kapha and vāta respectively. One administering milk, enema and purgation cautiously in proper order overcomes the pittodara. [ 68-71 ]

स्निग्धं स्विन्नं विशुद्धं तु कफोदरिणमातुरम् । संसर्जयेत् कदुक्षारयुक्तैरन्नैः कफापहैः ॥ ७२ ॥  
गोमूत्रारिष्टपानैश्च चूर्णायस्तृतिभिस्तथा । सक्षारैस्तैलपानैश्च शमयेत्तु कफोदरम् ॥ ७३ ॥

The patient of kaphodara should be uncted, fomented and evacuated and thereafter managed with kapha-alleviating diet containing pungent and alkaline substances. One should pacify the kaphodara with intake of cow's urine, ariṣṭa, powders, ayaskṛti ( metallic preparation ), alkalis and oils. [ 72-73 ]

सन्निपातोदरे सर्वा यथोक्ताः कारयेत् क्रियाः । सोपद्रवं तु निर्वृत्तं प्रत्याख्येयं विजानता ॥ ७४ ॥

In sannipātodara, all the above measures should be adopted but when it gets complicated, it should be rejected. [ 74 ]

उदावर्तरुजानाहैर्दीहमोहतृष्णाज्वरैः । गौरवारुचिकाटिन्यैश्चानिलादीन् यथाक्रमम् ॥ ७५ ॥  
 लिङ्गैः पूर्णाधिकान् दृष्ट्वा रक्तं चापि स्वलक्षणैः । चिकित्सां संप्रकुर्वीत यथादोषं यथाबलम् ॥ ७६ ॥  
 स्नेहं स्वेदं विरेकं च निरुहमनुवासनम् । समीक्ष्य कारयेद्वाहौ वासे वा व्यधयेत् सिराम् ॥ ७७ ॥  
 षट्पलं पाययेत् सर्पिं पिष्पलीर्वा प्रयोजयेत् । सगुडामभयां वाऽपि क्षारारिष्टगणांस्तथा ॥ ७८ ॥  
 एष क्रियाक्रमः प्रोक्तो योगान् संशमनाङ्ग्छृणु । पिष्पली नागरं दन्ती चित्रकं द्विगुणाभयम् ॥ ७९ ॥  
 विडङ्गंशयुतं चूर्णमेतदुष्णाम्बुना पिवेत् । विडङ्गं चित्रकं शुण्ठीं सघृतां सैन्धवं वचाम् ॥ ८० ॥  
 दग्ध्वा कपाले पयसा गुल्मपूर्वापहं पिवेत् । रोहीतकलतानां तु काण्डकानभयाजले ॥ ८१ ॥  
 मूत्रे वा सुनुयात्तच्च सतरात्रस्थितं पिवेत् । कामलागुल्ममेहार्शः पूर्णहसर्वोदरक्रीमीन् ॥ ८२ ॥  
 स हन्याजाङ्गलरसैर्जीर्णं स्याच्चात्र भोजनम् । रोहीतकत्वचः कृत्वा पलानां पञ्चविंशतिम् ॥ ८३ ॥  
 कोलद्विप्रस्थसंयुक्तं कषायमुपकल्पयेत् । पलिकैः पञ्चकोलैस्तु तैः सर्वैश्चापि तुल्यया ॥ ८४ ॥  
 रोहीतकत्वचा पिष्टैर्घृतप्रस्थं विपाच्येत् । पूर्णाभिवृद्धिं शमयत्येतदाशु प्रयोजितम् ॥ ८५ ॥  
 तथा गुल्मोदरश्वासकिमिपाण्डुत्वकामलाः । अग्निकर्म च कुर्वीत भिषणवातकफोल्वणे ॥ ८६ ॥  
 पैत्तिकैः जीवनीयानि सर्पाणिं क्षीरवस्तयः । रक्तावसेकः संशुद्धिः क्षीरपानं च शस्यते ॥ ८७ ॥  
 यूर्ध्वर्मासरसैश्चापि दीपनीयसमायुतैः ।  
 लघून्यन्नानि संसूज्य दद्यात् पूर्णोदरे भिषक् । यकृति पूर्णवत् सर्वं तुल्यत्वाङ्गेषजं मतम् ॥ ८८ ॥

( 1 ) Upward movement of vāyu, pain and hardness in bowels, ( 2 ) burning sensation, mental confusion, thirst and fever, ( 3 ) heaviness, anorexia and hardness—from these symptoms observing the predominance of vāyu, pitta and kapha respectively and of blood from its own symptoms one should treat the plihodara according to doṣa and strength of the patient. Unction, sudation, purgation, non-unctuous and unctuous enema should be administered after due consideration or venesection should be performed in left arm. Moreover, ṣatpalā ghee, or pippali, or haritakī with jaggery or alkalis and arīṣṭas should be administered. This is the principle of treatment, now listen the efficacious formulations.

Pippali, śunṭhī, danti, citraka and Viḍāṅga in equal parts and haritakī, in double quantity—this powder should be taken with hot water.

Viḍāṅga, citraka, śunṭhī, ghee, rock salt and vacā—all together burnt in an earthen piece and taken with milk alleviates gulma as well as plihā. Small pieces of the stem of rohitaka latā should be kept in haritakī decoction or cow's urine for fermentation for a period of one week. This taken alleviates jaundice, gulma, prameha, piles, plihā, all types of udara-roga and worms. The patient should take diet with the meat soup of wild animals after digestion.

☞ Robitaka bark 1 kg. and kola 1.28 kg. should be boiled and made into decoction. Now with this decoction and paste of pañcakola ( each drug 40 gm. ) with equal quantity of rohitaka bark ghee 640 gm. should be cooked. This ghee if administered alleviates the spleen enlargement quickly and also gulma, udara, dyspnoea, worms, paleness and jaundice. The physician should perform cauterization in plihodara with predominance of vāta and kapha. Similarly, in paittika type, jivanīya ghṛta, milk enema, blood-letting, evacuation and intake of milk are commended. The physician should prescribe light diet with vegetable or meat soup added with appetisers.

In liver enlargement, all the regimens are like those for spleen enlargement because of similarity. [ 75-88 ]

स्वच्छाय बद्धोदरिणे मूत्रतीक्ष्णौषधान्वितम् ॥ ८९ ॥  
 सतैललवणं दद्याच्चिरुहं सानुवासनम् । परिस्तंसीनि चाज्ञानि तीक्ष्णं चैव विरेचनम् ॥ ९० ॥  
 उदावर्तहरं कर्म कार्यं वातभ्रेत्र च । छिद्रोदरमृते स्वेदाच्छ्लेष्मोदरवदाचरेत् ॥ ९१ ॥  
 जातं जातं जलं स्नायुमेवं तद्यापयेऽन्नियक् । तृष्णाकासज्वरात् तु क्षीणमांसान्निभोजनम् ॥ ९२ ॥  
 वर्जयेद्वृत्तासिनं तद्वच्छूलिनं दुर्वलेन्द्रियम् ।

In obstructive abdomen, the patient should be fomented and thereafter non-unctuous and unctuous enema containing cow's urine and irritant drugs and mixed with oil and salt should be administered to him. Laxative food items, drastic purgatives, and measures alleviates reverse peristalsis and vāta should also be prescribed.

Perforative abdomen should be managed like kaphodara except the fomentation. Fluid when appears should be tapped and thus the case should be maintained. The patient who is afflicted with thirst, cough and fever; is deteriorated in flesh, agni and intake of food; is having dyspnoea, colic and weak senses should be rejected. [ 89-92 ]

अपां दोषहराण्यादौ प्रदद्यादुदकोदरे ॥ ९३ ॥  
 मूत्रयुक्तानि तीक्ष्णानि विविधक्षारवन्ति च । दीपनीयैः कफघ्नैश्च तमाहारैरुपाचरेत् ॥ ९४ ॥  
 द्रवेभ्यश्चोदकादिभ्यो नियन्तेदनुपूर्वशः ।

In ascites, one should administer the medicaments mixed with urine and various alkalis and which are sharp and thus remove the defects of fluid. The patient should be managed with diet which is appetising and kapha-alleviating. He should also gradually abstain from all sorts of liquids particularly water. [ 93-94 ]

सर्वमेवोदरं प्रायो दोषसह्यातजं मातम् ॥ ९५ ॥  
 तस्मात्रिदोषशमनां कियां सर्वत्र कारयेत् । दोषैः कुक्षैः हि संपूर्णं वहिर्मन्दत्वमृच्छति ॥ ९६ ॥  
 तस्माद्वोज्यानि भोज्यानि दीपनानि लघूनि च । रक्तशालीन् यवान्मुद्राआङ्गलांश्च मृगद्विजान् ॥ ९७ ॥  
 पथोमूत्रासवारिष्टान्मधुसीधुं तथा सुराम् । यवागूमोदनं वाऽपि यूपैरव्याद्वसैरपि ॥ ९८ ॥

मन्दाम्लस्नेहकदुभिः पञ्चमूलोपसाधितैः । औदकानूपजं मांसं शाकं पिष्ठकृतं तिळात् ॥ ९९ ॥  
व्यायामाव्यवदिवास्वप्नं यानयानं च वर्जयेत् । तथोष्णलवणाम्लानि विदाही निगुरुणि च ॥ १०० ॥  
नायादन्नानि जटरी तोयपानं च वर्जयेत् ।

Udara-roga, as a whole, is mostly due to congregation of doṣas. Hence in all types measures alleviating three doṣas should be adopted. When the belly is filled up with doṣas, agni gets diminished, so appetising and light food should be taken such as red śāli rice, barley, green gram, wild animals and birds, milk, urine, āsava arīṣṭa, madhu, sidhu and surā. Gruel or boiled rice, should be taken with vegetable or meat soup having slightly sour, fatty and pungent ingredients and cooked with pañcamūla.

The patient of udararoga should abstain from aquatic and marshy meat and vegetables, flour preparations, sesamum seeds, physical exercise, travelling on foot, day sleep and journey on vehicles. Besides, he should avoid hot, salted, sour, burning and heavy food, cereals and water-drinking. [ 95-100 ]

नातिसान्द्रं हितं पाने स्वादु तक्रमपेलवम् ॥ १०१ ॥  
शूषणक्षारलवण्युक्तं तु निचयोदरी । वातोदरी पिवेत्कं पिप्पलीलवणान्वितम् ॥ १०२ ॥  
शर्करामधुकोपेतं स्वादु पित्तोदरी पिवेत् । यवानीसैन्धवाजाजीव्योषयुक्तं कफोदरी ॥ १०३ ॥  
पिवेन्मधुयुतं तकं कवोषणं नातिपेलवम् । मधुतैलवचाशुण्डीशताह्वाकुष्ठसैन्धवैः ॥ १०४ ॥  
युक्तं प्लीहोदरी जातं सव्योपं तृदकोदरी । बद्धोदरी तु हपुषायवान्यजाजिसैन्धवैः ॥ १०५ ॥  
पिवेन्छिद्रोदरी तकं पिप्पलीक्षौद्रसंयुतम् । गौरवारोचकार्तानां समन्दाम्भयतिसारिणाम् ॥ १०६ ॥  
तकं वातकफार्तानाममृतत्वाय कल्पते ।

That buttermilk is wholesome which is not very thick, is sweet and devoid of fat. One suffering from sannipātodaṛa should take buttermilk added with trikaṭu, yavakṣāra and salt. That suffering from vātodaṛa should take the same added with pippali and salt. The patient of pittodaṛa should take sweet buttermilk added with sugar and madhuka. One suffering from kaphodaṛa should take warm and defatted buttermilk added with yavāni, saindhava, jīraka and trikaṭu along with honey. The patient of plihodaṛa should take buttermilk added with honey, oil, vacā, śuṇṭhi, śatāhvā, kuṣṭha and saindhava. One suffering from ascites should take the same added with trikaṭu. One suffering from obstructive abdomen should take buttermilk added with hapuṣā, yavāni, jīraka and saindhava. The patient of perforative abdomen should take buttermilk added with pippali and honey. Buttermilk is like nectar for those suffering from heaviness, anorexia, poor digestion, diarrhoea and vāta-kaphaja disorders. [ 101-106 ]

शोफानाहार्तिरुण्मूर्च्छापीडिते कारभं पयः ॥ १०७ ॥  
शुद्धानां क्षामद्वानां गव्यं छागं समाहिपम् । देवदारुपलाशाकर्हस्तिपिप्पलिशिश्रुकैः ॥ १०८ ॥  
साश्वगन्धैः सगोमत्रैः प्रदिश्यादुदरं समैः । वृक्षिकालीं वचां कुष्ठं पञ्चमूलीं पुनर्नवाम् ॥ १०९ ॥

भूतीकं नागरं धान्यं जले पक्त्वाऽवसेचयेत् । पलाशं कचूणं रास्नां तद्रत् पक्त्वाऽवसेचयेत् ॥११०॥  
मृत्राण्यष्टाबुदरिणां सेके पाने च योजयेत् ।

If one is afflicted with oedema, hardness in bowels, colic, thirst and fainting camel's milk should be prescribed. Likewise, if one is debilitated after evacuation, he should take milk of cow, goat or buffalow. The abdomen should be anointed with devadāru, palāśa, arka, gajapippali, śigru and aśwagandhā mixed with cow's urine. One should also sprinkle over the abdomen the water boiled with vṛścikālī, vacā, kuṣṭha, pañcamūli, punarnavā, bhūtika, śunṭhi and āhānyaka. Similarly sprinkling should be done with palāśa, kattṛṇa and rāśnā after boiling. Eight types of urine may be used for sprinkling and intake by the patients of udara roga. [107-110]

रुक्षाणां बहुवातानां तथा संशोधनार्थिनाम् ॥ १११ ॥

दीपनीयानि सर्पीयि जठरानि चश्महे ।

Now I will describe some ghṛtas which are useful for those having roughness, profuse vāta and need evacuation and are appetising and efficacious in abdominal disorders. [ 111 ]

पिप्पलीपिप्पलीमूलचव्यचित्रकनागरैः ॥ ११२ ॥

सक्षारैरर्धपलिकैर्द्विप्रस्थं सर्पिषः पिवेत् । कल्कैर्द्विपञ्चमूलस्य तुलार्धस्वरसेन च ॥ ११३ ॥

दधिमण्डाढकोपेतं तत् सर्पिञ्जठरापहम् । श्वयथुं वातविष्टमं गुल्माशीसि च नाशयेत् ॥ ११४ ॥

नागरत्रिफलाप्रस्थं घृततैलात्तथाऽऽडकम् । मस्तुनः साधयित्वैतत् पिवेत् सर्वोद्दरापहम् ॥ ११५ ॥

कफमारुतसंभूते गुल्मे चैतत् प्रशस्यते ।

The paste of pippali, pippalimūla, cavya, citraka, śunṭhi and yavakṣāra—each 20 gms., ghee 1.28 kg., decoction of daśamūla 2 litres and scum of curd 2.56 litres—all are cooked together. This ghṛta is useful in udararoga and alleviates oedema, distension, gulma, and piles.

Ghee and oil mixed 2.56 kg. should be cooked with the paste of śunṭhi and triphalā 640 gm. along with the (adequate quantity of) curd water. This ghṛta alleviates all types of udararoga and is efficacious in gulma caused by kapha and vāta. [ 112-115 ]

चतुर्गुणे जले मूत्रे द्विगुणे चित्रकात् पले ॥ ११६ ॥

कल्के सिद्धं घृतप्रस्थं सक्षारं जठरी पिवेत् । यवकोलकुलत्थानां पञ्चमूलसेन च ॥ ११७ ॥

सुरासौबीरकाभ्यां च सिद्धं वाऽपि पिवेद्यूतम् ।

Ghee 640 gm., paste of citraka and yavakṣāra 40 gm. each should be cooked in four times water and two times cow's urine. This should be taken by the one suffering from abdominal disorder.

Similarly ghṛta prepared with yava, kola and kulattha; with decoction of pañcamūla and surā (wine) and sauvīraka (a type of vinegar) may be used. [116-117]

पभिः निग्धाय संजाते बले च मारुते ॥ १८ ॥  
स्वस्ते दोषाशये दद्यात् कल्पदिष्टं विरेचनम् ।

When the patient is uncted with these preparations has regained strength, his vāyu is pacified and the locus of morbidity is loosened, purgatives mentioned in the section of pharmaceuticals should be administered. [ 118 ]

पटोलमूलं रजनीं विडङ्गं त्रिफलात्वचम् ॥ १९ ॥  
कम्पिलुकं नीलिनीं च त्रिवृतां चेति चूर्णयेत् । पडाद्यान् कार्षिकानन्त्यांखींश्च द्वित्रिचतुर्गुणान् ॥ २० ॥  
कृत्वा चूर्णमतो मुष्ठिं गवां मूत्रेण ना पिवेत् । चिरिको मृदु भुजीत भोजनं जाह्नवै रसैः ॥ २१ ॥  
मण्डं पेयां च पीत्वा ना सब्योषं षडहं पयः । शृतं पिवेत्ततश्चूर्णं पिवेदेवं पुनः पुनः ॥ २२ ॥  
हन्ति सर्वोदाराण्येतच्चूर्णं जातोदकान्यपि । कामलां पाण्डुरोगं च श्वयथुं चापकर्षति ॥ २३ ॥  
पटोलाद्यमिदं चूर्णमुदरेषु प्रपूजितम् ।

इति पटोलाद्यं चूर्णम् ।

Paṭola roots, haridrā, vidaṅga, pulp of triphalā, kampillaka, nīlinī and trivṛt first six 10 gm. each and the next three two, three and four times progressively. These should be powdered together and should be taken in the dose of 40 gm. with cow's urine. After purgation the patient should take soft food with meat-soup of wild animals. After taking rice-scum and liquid gruel, he should keep on milk boiled with trikaṭu for six days and again should take this powder. In this way it should be repeated. This powder eradicates all types of udararoga even after appearance of fluid. It also subdues jaundice, anaemia and oedema. This powder named 'paṭolādya' is commended in abdominal disorders. [ 119-123 ]

( Thus paṭolādya cūrṇa ).

गवाशीं शङ्खिनीं दन्तीं तिल्वकस्य त्वचं वचाम् ॥ १२४ ॥  
पिवेद्राक्षाम्बुगोमुत्रकोलकर्कन्धुसीधुभिः । यवानी हपुषा धान्यं त्रिफला चोपकुञ्चिका ॥ १२५ ॥  
कारबो पिष्पलीमूलमजगन्धा शटी वचा । शताह्वा जोरकं व्योषं स्वर्णक्षीरी सचित्रिका ॥ १२६ ॥  
द्वौ क्षारौ पौष्ट्रं मूलं कुष्ठं लवणपञ्चकम् । विडङ्गं च समांशानि दन्त्या भागत्रयं तथा ॥ १२७ ॥  
त्रिवृद्विशाले द्विगुणे सातला स्याच्चतुर्गुणा । एतन्नारायणं नाम चूर्णं रोगगणापहम् ॥ १२८ ॥  
नैनत् प्राप्यातिवर्तन्ते रोगा विष्णुमिवासुराः । तकेणोदरिभिः पेयं गुलिमभिर्बदराम्बुना ॥ १२९ ॥  
आनद्ववाते सुरया वातरोगे प्रसन्नया । इधिमण्डेन विट्सङ्गे दाढिमाम्बुमिरर्दसैः ॥ १३० ॥  
परिकते सवृक्षाम्लमुण्णाम्बुमिरजीर्णके । भगन्दरे पाण्डुरोगे श्वासे कासे गलग्रहे ॥ १३१ ॥  
हृद्रोगे ग्रहणीदोषे कुष्ठे मन्देऽनले ज्वरे । दंष्ट्राविषे मूलविषे सगरे कृत्रिमे विषे ॥ १३२ ॥  
यथाहं निग्धकोष्ठेन पेयमेतद्विरेचनम् ।

इति नारायणचूर्णम् ।

Indrayaya, śamkhini, dantī, tilyaka bark and yacā should be taken along with grape juice, cow's urine and sidhu of kola and karkandhu ( types of jujube ).

Yavāni, hapusā, dhānya, triphalā, upakuñcikā, kārayī, pippalimūla, ajagandhā, śatī, vacā, śatāhvā, jiraka, trikātu, swarnakṣiri, citraka, two types of alkali (yavakṣara and sarjiksāra), puṣkaramūla, kuṣṭha, five types of salt, vidāṅga—all in equal quantity, dantī three times, trivṛt and viśālā two times and sātalā four times—all together powdered make 'Nārāyaṇa cūrṇa' which is destroyer of group of diseases. Facing this no disease continues further like demons facing Viṣṇu.

This Nārāyaṇa Cūrṇa should be taken with butter-milk by those suffering from abdominal disorders, with badara juice by those suffering from gulma, with urine in hardness of bowels, with prasannā (clear wine) in vātika disorders, with curd-scum in retention of faeces, with pomegranate juice by those suffering from piles, with vṛkṣāmla in cutting pain of anus and with hot water in indigestion.

This purgative formulation should be used as necessary, after proper unction in fistula-in-ano, anaemia, asthma, cough, stiffness in throat, cardiac disorders, grahaṇiroga, kuṣṭha, poor digestion, fever, bite poison, vegetable poison, cumulative and artificial poison. [ 124-132 ]

( Thus Nārāyaṇa Cūrṇa ).

हपुषां काञ्चनक्षीरों त्रिफला कटुरोहिणीम् ॥ १३३ ॥

नीलिनीं त्रायमाणां च सातलां त्रिवृतां वचाम् । सैन्धवं काललवणं पिष्पलीं चेति चूर्णयेत् ॥ १३४ ॥

दाढिमत्रिफलामांसरसमूत्रसुखोदकैः । पेयोऽयं सर्वगुल्मेषु म्लीहि सर्वोदरेषु च ॥ १३५ ॥

त्रिवत्रे कुष्ठे सरुजके सवाते विषमाग्निषु । शोथार्शःपाण्डुरोगेषु कामलायां हलीमके ॥ १३६ ॥

वातं पित्तं कफं चाशु विरेकात् संप्रसाधयेत् ।

इति हपुषाद्यं चूर्णम् ।

Hapusā, swarnakṣiri, triphalā, kaṭurohiṇī, nīlinī, trāyamāṇā, sātalā, trivṛt, vacā, rock salt, black salt and pipplali—all are powdered together. This formulation should be taken with pomegranate juice, triphalā decoction, meat soup, cow's urine and tepid water in all types of gulna, splenomegaly, all types of abdominal disorders, leucoderma, leprosy, pain, predominance of vāta, irregular digestion, oedema, piles, anaemia, jaundice and halimaka. This subsides vāta, pitta and kapha quickly by purgation. [ 133-136 ]

( Thus Hapuṣādyā Cūrṇa ).

नीलिनीं निचुलं व्योषं द्वौ क्षारौ लवणानि च ॥ १३७ ॥

चित्रकं च पिवेच्चूर्णं सर्पिषोदरगुल्मनुत् ।

इति नीलिन्याद्यं चूर्णम् ।